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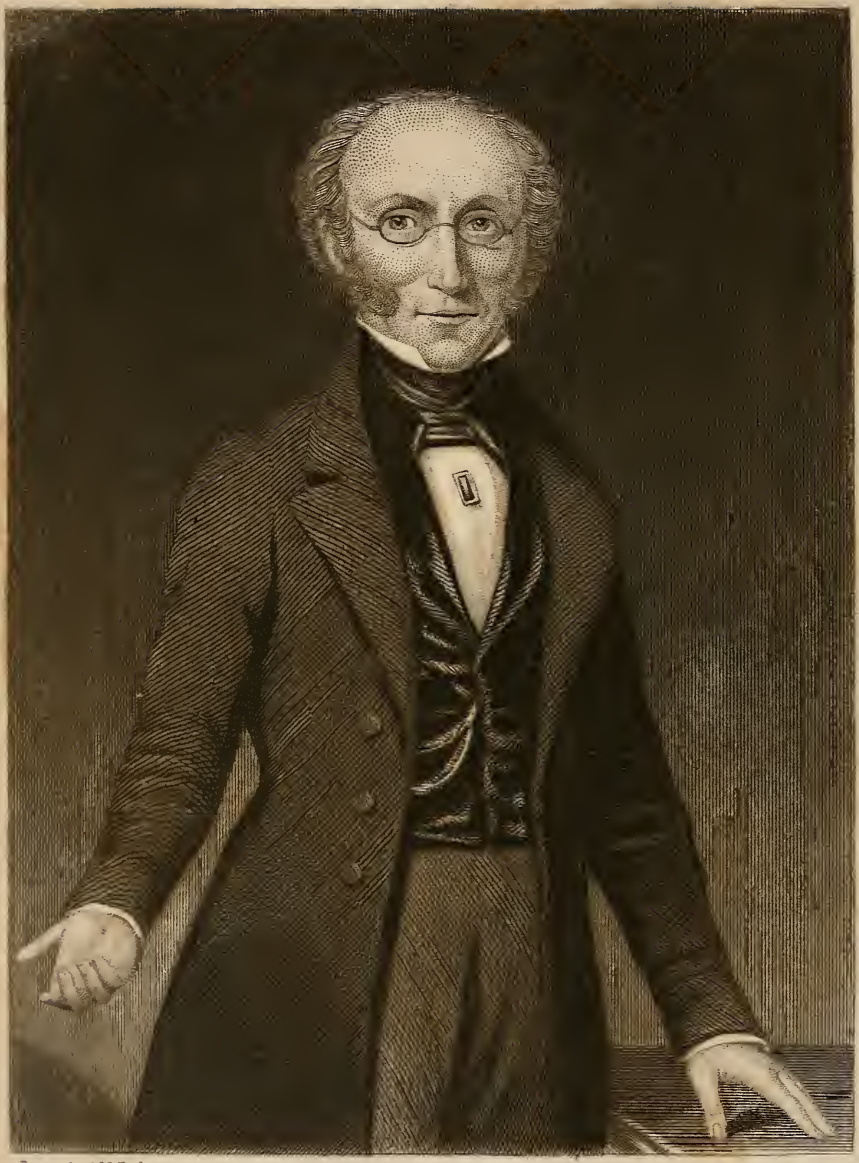
DR. COFFIN'S

TREATISE ON MIDWIFERY,

AND THE

DISEASES OF WOMEN AND CHILDREN.



Drawn by J. M. Jackson.

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Treatise on Midwifery, &c.

A

TREATISE ON MIDWIFERY,

AND THE

DISEASES

OF

WOMEN AND CHILDREN;

TOGETHER WITH

A FULL DESCRIPTION

OF THE

HERBS, ROOTS, AND OTHER PREPARATIONS

PRESCRIBED AS REMEDIES IN THE WORK.

BY

A. I. COFFIN, M. D.,

PROFESSOR OF MEDICAL BOTANY; AUTHOR OF THE BOTANIC GUIDE TO HEALTH, BOTANICAL JOURNAL, TRACT FOR THE TIMES, ETC.

ILLUSTRATED WITH FOUR PLATES, AND PORTRAIT OF THE AUTHOR.

"BELIEVE ONE WHO HAS EXPERIENCE TO JUSTIFY HIS OPINION."

FIFTH THOUSAND.

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PREFACE.

TO THE

FEMALES OF GREAT BRITAIN.

In again appearing before you in the capacity of an author, an apology might be necessary, were it not for the kind reception of our former works; and even now we almost shrink from the task, under the conviction that many of the positions and ideas contained in the following pages will be opposed to the long-established opinions, and contrary to the usual manner in which females of this country have been educated; but, as in the case of our Guide to Health, we still shall venture on, and if in this short journey we are as successful as in our former efforts, we shall be more than rewarded.

One of the grand errors of society is, and has been, the mal-education—or the entire neglect of education—of the females of this country; in fact, so generally ignorant are they of all they ought to know, that on the slightest and most trivial occasions, the doctor must be consulted, and that, too, many times upon subjects which she herself only should be cognisant; and every little change in appearance or constitution is, by the doctor, magnified to an importance that continues or perpetuates those errors, the results of which are always beneficial to the family physician.

The duty appears to have devolved upon us to tear away those impediments from the minds of our fair readers, and if possible to induce every mother to properly instruct and direct her daughter in all things that is requisite for her to know; were she thus properly informed, there would be but little use for that class of men called doctors. And why should she not know? Why not understand herself, and every thing pertaining to herself? Also in the rearing of children, in which, by accordance with the laws of nature, and pursuing her unvarying dictates, little difficulty is experienced in relieving their wants and removing

their maladies. But when *art* is substituted for *nature*, where every thing is recommended that comes in direct contact with their natural wants, and the healthy action of their systems; and when at the same time, the mothers are taught to believe all this to be right, it is not to be wondered at that so many die in infancy, from the numerous maladies to which it is said they are subject; yet the most of those afflictions have been brought on by a want of the proper knowledge of *feeding*, *clothing*, and *nursing* the child.

Our observations of the superior knowledge of the operations and requirements of nature, possessed by the Indian women, has inspired us with confidence to attempt to explain, and properly instruct the ladies of this country on those important subjects; we are willing, and desirous, that every word, and every idea we advance, shall be examined by those to whom they are addressed; and if they find any thing not sufficiently explained, or what they believe to be error, we shall at all times hold ourself ready to improve or retract; but before this be done let every thing be well tested, remembering that each portion of this treatise is based upon our own experience.

Whilst the faculty have, from time immemorial, mystified with technicalities all that has been written upon the subject of this book,—whilst they have found it to their advantage to keep every thing in the dark, we shall expose and explain *all* to the understanding of *all*.

The practice of midwifery, in every part of God's fair earth, except where it is said science and civilization prevails, is directed by the laws, and under the sole superintendence of nature. In those districts there seldom or ever occurs a death, either with the mother or child; and in many places there is not any attendant, either as nurse or midwife; and what is still better, the mother suffers little or no pain. We hope our readers will bear in mind that that which is true in one thing in nature is also true in all; and if we can convince our fair readers that it is possible to bear children without its being considered a diseased state of the system, *in one country*, we hope to convince them that it might be so in all. We fully believe in the power of a superintending Providence, and therefore do not think that any thing *can be wrong in nature*. But if the practice of medicine, as connected with women in child

bearing, or in the rearing of those children, be necessary or consistent, then are we at a loss to know what nature means. We are gravely told "that no woman is competent to attend in cases of midwifery"! It is our opinion that *all* women should be so instructed that they would be competent to render all the assistance needed; in fact, we consider them as the only proper persons to attend on those occasions; and if the history of midwifery was fully known,—if it be true that out of seventy thousand cases of labour which took place in the lying-in hospital at Paris, all were natural, and required no assistance, except twelve, of what use was the doctors?

In the following pages we shall endeavour to explain all that is necessary to enable every woman to render the requisite aid to her friend or neighbour, and we hope so plainly and clearly, that the end we have in view may be realised, viz., to induce the females of this country to think and act for themselves and their children, so that they honor their own judgment, and bid defiance to the prejudices and opposition raised by those who feel that their craft is in danger.

We shall arrange our ideas in as few characters, and under as few heads as possible, suffice it that we write sufficiently to be understood. We shall also divest it, as we have done our GUIDE TO HEALTH, of all technicalities, so that the mother who knows how to provide for the hunger of her child, by supplying it with food, may also understand its diseases, and with equal success remove them.

That this humble effort may meet with the approbation and success of our GUIDE TO HEALTH, —that, like it, it may wend its way into the private libraries of those for whom it is written, is the sincere wish of,

Ladies, your humble and devoted servant,

THE AUTHOR.

January, 1849.

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TREATISE ON MIDWIFERY,

AND THE

DISEASES OF WOMEN AND CHILDREN.

The study of Midwifery is a subject of the deepest interest, and has, in all ages, claimed the attention of the most distinguished of the medical profession. In civilized society it has for a long period been in an imperfect state, and although vast improvements have of late years taken place, by the labours of men of genius and learning, which are considered important, yet in our opinion the most of those changes have been deviations from nature, and the more abstruse the practice, the more have the eyes of those most interested been blinded, and the practitioners in this, as in other parts of the profession, have created a monopoly.

As we have done in our Guide to Health, we shall endeavour to do in this work, that is to render plain and easy to the females of this country their own system, the nature of the form of disease to which they are subject, and the treatment and course of conduct they should pursue, in the most interesting period of their existence. We shall not go into all the complicated details of modern writers, but simply state what we consider *enough*

to answer the object we have in view, viz., to explain to the female what the God of nature designed her to know,—herself,—and to break down that idea, so prevalent amongst women, that the doctor only can understand her case; we shall, therefore, as we have ever before done, divest this little treatise of technicalities, as far as this difficult subject will allow; and although we shall not lay claim to any particular discovery, or even any improvement in the art, (for nature cannot be improved upon), yet we flatter ourselves that we shall be instrumental in inducing the females of this country to return to nature, thereby adding a vast amount to the sum of human happiness, and, we hope, a small share to the stock of common knowledge. The directions and advice laid down in this work are from our own experience and observation, we shall therefore say, if there are errors, they are ours, and if truths, we found them simply in the book of nature.

OF THE MENSES.

About the age of fourteen or fifteen, or what is generally called the age of puberty, this peculiar phenomenon first appears, viz., the menstrual flux. At this time the blood begins to circulate with increased force, the breasts to swell, and the girl suddenly becomes the woman, forgetting her childish amusements, and assuming a different position in society. Here we may remark that this change frequently occurs without the girl having any previous information or instruction of its

approach, which neglect ofttimes leads to serious results. The discharge continues from three to four days, and then the vessels gradually contract themselves; at the end of three or four weeks they again open, and discharge the like quantity of blood. This evacuation continues to return periodically, until about the forty-fifth year; in some women it continues longer, and in others ceasing soon after the fortieth. In warmer climates menstruation generally commences much earlier, and ends sooner; we have known females menstruate in their eleventh year, and cease at thirty or thirty-five. The cause (says one author) of this periodical evacuation, peculiar to females of the human species only, has been a curious and perplexing subject of enquiry in all ages. In the infancy of medicine, when fancy, more than judgment, influenced the theory, it is not surprising that the most chimerical reasons should have been given to account for an appearance so striking and important. Thus it was attributed to the influence of the moon, from its periodical appearance; to a ferment in the fluids, when fermentation was introduced to account for every phenomenon. Men, in other views respectable, have exerted all their ingenuity in defence of these theories; but they are now exploded, and, in our opinion, as foolish a position is taken—the menses are supposed to arise from a universal plethora, or a topical congestion; these opinions we shall proceed to examine.

From a superficial view of the several phenomena, it would appear probable that the menses are occasioned by plethora (full habit), but the idea is

vague, and will not account for all the appearances. By plethora we understand a larger quantity of blood than is adapted to the capacity of the vessels, either of the whole system, or any particular part. This may depend on the increase of the absolute quantity of the fluids, or on a constriction of the vessels. It is the former of these that seem to be meant by the advocates for a general plethora, and the chief arguments appear to be derived from the debility, inactivity, and swelling of the breasts. The first two, though often depending on plethora, may be produced by many other causes, so that no argument can be drawn from them; the last by no means shows an increased quantity of fluids in general, but rather seems connected with the state of the womb, and takes place in conditions of the system very disadvantageous for a general fulness. We may, with some confidence, however, regard this opinion, although there are many arguments against it; for many of the symptoms are not to be explained by plethora, or any other supposition. Dr. Richard Mead, more than a century ago, gave perhaps the best and most sensible definition of the cause of this discharge; he says, "the common cause of the stoppage of the menstrual discharges is the blood's lentor, (or siziness), whereby this fluid becomes incapable of forcing the *sphincters* of the ducts destined by nature for this evacuation. For it is not from the bursting arteries of the womb, which is the common opinion, that the blood issues every month, but from vessels peculiarly appropriated to this office; and this lentor, or thickness of the blood,

changes the lively colour of the face into a greenish pale and wan complexion."

Another, and somewhat probable opinion of the cause is, that the menses depend on a *topical* (local) *congestion.* This opinion was, for some time, delivered at the University by the ingenious Dr. Cullen, and is supported by plausible arguments, and by its consistency with many other appearances of the human body. We shall give a short view of it, which may enable those who have not seen it to form some judgment for themselves. Cullen says—"that the growth of the body depends upon the increase of the quantity of the fluids, giving occasion to the distention of the vessels, thus producing the gradual evolution and full growth of the whole system. This evolution does not happen equally in every part of the body at the same time, but successively, according to the different size and density of the several vessels, determined by the original stamina. Thus the upper parts of the body first acquire their natural size, and then the lower extremities. By the same constitution it seems to be determined that the womb of the human species should not be considerably evolved until the rest of the body is nearly arrived at its full bulk. But as the vessels of every part, by their distention and growth, increase in density, and give thereby more resistance to their further growth, at the same time, by the same resistance, they determine the blood in greater quantity into the parts not yet equally evolved. By this means the whole of the system must be successively evolved, until every part is brought to that degree

of distention which it is necessary to produce, viz. a balance in respect of density and resistance with one another. Upon these principles there will be a period in the growth of the body when the vessels of the womb will be distended until they are in equilibrium with the rest of the system, and their constitution may be such that the distention may proceed so far as to open their extremities terminating in the cavity of the womb, so as to pour out blood there; or it may happen that a certain degree of distention may be sufficient to irritate and increase the action of the vessels, and thereby produce an effort to discharge, which may force the extremities of the vessels with the same effect of pouring out blood." In either way he accounts for the FIRST appearance of the flow of the menses, or the first discharge of blood from the womb in women. In doing this he does not suppose any more of the general plethora in the system than what is constantly necessary to the successive evolution of the several parts of it; and he proceeds upon the *supposition* that the evolution of each particular part must especially depend upon the plethora, or increased congestion in its proper vessels. Thus he supposes it to happen with respect to the womb; but as its plethoric state, he observes, produces an evacuation of blood from its vessels, this evacuation must empty those vessels more especially, and put them again into a relaxed state, with respect to the rest of the system. This emptied and relaxed state of the vessels of the womb will give occasion to a new congregation of blood in them, until they are again brought to that

degree of distention that may either force their extremities, or produce new efforts, which may have the same effect. Thus an evacuation of blood from the womb being once begun by the causes before mentioned, it must, by the operation of the same causes, return after a certain period, and continue to do so until particular circumstances occasion a considerable change in the constitution of the womb. But after all this fine-spun theory, which is no doubt in part correct, what determines the periods of these changes or returns to be nearly in the space of a month? "Ah! (says Dr. Cullen) *we cannot exactly explain*, but we *suppose* it to depend upon a certain balance between the vessels of the womb, and those of the other parts of the body." This may determine the first period, but it cannot be understood that a considerable increase or diminution of the quantity of blood in the whole system will have so much influence in increasing or diminishing the quantity distributed to the womb. But perhaps it may be urged, that when the menstrual discharge has been repeated for some time, the *power of habit*, which so readily takes place in the animal system, may have a great share in determining the periodical motions of the womb, though in the mean time considerable changes may have happened with respect to the whole system. The theory of Cullen, though liable to many objections, yet may appear as rational as any opinion that has been advanced; for we shall never be able clearly to investigate the secret principles upon which this, and many other phenomena of the animal economy, equally intricate and mysterious,

depend; and the attempting to find out separate and minute causes for all those appearances, has, from time immemorial, misled the faculty in their "*causes and cures*". That menstruation exists, and that it has existed from all time, is certain; and that the use of it is to prepare, or in other words, to render the female capable of conception and procreation, is certain, and to write whole volumes on the latent, or abstract causes, is, in our opinion, not only a waste of time, but, as we have before observed, calculated to render mysterious that which ought to be plain, and to mislead the mind on one of the most important and deeply interesting subjects with which we are concerned. Are not the females of every country subject to the same? The uncivilized are deprived of, or in other words not blinded with, those abstract theories of causes, yet are they more healthful, and less liable to derangements of their system, looking only to nature for their guide.

IRREGULARITIES OF THE MENSES.

The menses, as we heretofore remarked, generally commence at the age of from thirteen to fifteen years; that they sometimes do not appear for one, two, or even more years after this period, and that too without much or any inconvenience to the party, but a retention of them altogether, is considered a state of disease; the patient is pale and sallow, with loss of appetite, nervous debility, and in fact a general languor. In what is called civilized society, if mothers were acquainted with the

proper remedies, and not so much enamoured of the family doctor, they would in most cases remove the difficulty; for where menstruation does not commence at the proper season, there is, in our opinion, but one cause, and that is *general debility*, which, in a greater or less degree, impairs the action of the arterial system; but the *cause* of this general debility is what the mother ought to know, and it is for this we are induced to write, although sometimes, from our knowledge of the state of society, and the existence of so much prejudice, arising from a mistaken education, we almost fear for the fate of our little undertaking, and we may as well here confess, that we have delayed the work, for the sole purpose of having our opinions more generally known, through the medium of our Guide to Health; our ideas on this subject, being so counter to the long received opinions of the female public, that this adventure might, in the language of our work, MISCARRY,—or if admitted to its full time, would be STILL BORN! But, as before observed, the extensive circulation of our Guide, and the general satisfaction it has given, has encouraged us to go on. From this somewhat lengthy digression we now return to the subject matter of our chapter. In almost all cases of general debility, which we hold to be the primary cause, there is a weak or bad digestion, and let whatever symptoms exist, we assure our fair reader that this must first be remedied; here perhaps we may be told "the patient eats well", and that scarcely any food comes amiss; yes, but the food does not do its office, and consequently something must be done

to assist the efforts of nature,—we would recommend the following compound, viz., take of centaury, barberry bark, ground ivy, pulverised cubebs, powdered cloves, raspberry leaves, and clivers, of each half an ounce, steep them in one quart of water, boil and strain it, then add to the decoction one teaspoonful of cayenne; let the patient take three tablespoonfuls four times a day, put a hot brick to the feet, and while taking the medicine keep out of the night air; if this does not succeed in the course of a fortnight, give lobelia and valerian, of each half a teaspoonful, cayenne a quarter, in a strong tea of raspberry leaves, and repeat the dose every half hour, until the patient vomits thoroughly; during the operation of the emetic, give freely the composition tea. Should this treatment not succeed, administer a vapour bath, and another emetic, as above. We have seldom known the second emetic to fail, and in several instances menstruation has commenced during its operation. In all cases of this description *tight lacing is to be abandoned.*

SUPPRESSED MENSES.

When any interruption takes place after the menses have once been established, it is termed suppression; in other words, when menstruation has begun, and continued regular for a season, it may cease and become irregular, both as to quantity and period. This is literally an obstruction, and is sometimes attended with the most painful effects, for by this suppression the system

loses its wonted activity, and, as in the foregoing case, becomes languid. The causes producing this state of things are numerous, but they all end in a loss of the balance of circulation; exposure to colds, and sudden chills after being over heated, which often occurs when young ladies attend balls, and large parties, where, during part of the evening, they are exercising so as to induce a rapid circulation, and consequently, a free perspiration, and then suddenly exposing themselves to the cool air, coming from a highly rarified state of the atmosphere, in nine cases out of ten their bodies tightly laced, and not unfrequently menstruating at the same time; this not only suddenly stops the discharge, but often lays the foundation for a rapid decline, or induces pulmonary consumption. Those of our readers who have attended our lectures, will remember that in all densely crowded rooms we had first the precaution to take off our coat, and that after the lecture, however warm the air outside, not only put the one coat on, but added another, at the same time putting a piece of ginger root, or other stimulant into the mouth; this precaution, in almost every case, prevented us from taking cold, besides, *we are never tight laced!* In the first stage as described above, in most cases a good sweat would remove it, say, take half a pint of yarrow tea, hot and sweetened, add to it a quarter of a teaspoonful of cayenne pepper, and put a hot brick to the feet, and it will have the desired effect; but should the obstruction continue, then take tansey, horehound, bogbean, clivers, juniper berries, and agrimony, of each half an ounce,

boil them in one quart of water, strain it, and while hot, add half an ounce of gum myrrh, pounded, and half a teaspoonful of cayenne pepper; take a wine glassful of this three times a day for a week or so, and if the patient does not improve, and exhibit vigourous symptoms, give an emetic, and the vapour bath, as described in the preceding article. If the patient is labouring under an obstruction of longer standing, such as a sparing or painful menstruation, you may commence by giving a strong tea of red raspberry leaves, with a teaspoonful of the composition powder, and once or twice a day the stomach bitters, using occasionally an injection made of half a pint of red raspberry leaf tea, half a teaspoonful of lobelia, a quarter of valerian, and a quarter of cayenne pepper, once or twice a week, and just before the time or period, give an emetic, and the vapour bath.

EXCESS OF MENSTRUATION.

The next case to consider is an excess of the menstrual discharge, which also has its causes in an obstruction of the circulation; the faculty have divided this, as they do every thing else (but their fees), into two distinct forms of disease, *active* and *passive*, and even state that it is of the utmost importance to understand this distinction, in directing the treatment. To give perhaps the clearest possible idea to our readers of this obstruction, *for it is an obstruction*, though not located in the same way as in the case of suppressed menses, yet, as we before remarked, to give the plainest view, it will be

only necessary to state, that at one period when we had a small hospital under our own direction, two females came to be treated; one with an entire stoppage, which had existed for seven months, and the other with profuse menstruation, or an excessive flooding from time to time; in the two cases there did not seem, from external appearance, to be much choice, both were very weak and feeble; we took the cases under our treatment, and how do you think we treated them? we suppose the faculty would think us mad, but our readers will remember that we have long believed, that however varied the forms, or seemingly complicated the symptoms, yet there is but *one cause* of disease, and the treatment of these two females will, we think, in some degree establish our theory, that disease is an unit; it has been said by some, that in our Guide to Health, we omitted giving minute directions in some forms of disease, to this seeming omission, we reply, that having laboured to convince all our readers, the great fact of there being only one cause of disease, the whole important object for them to keep in view, is to restore the lost equilibrium, by which means nature obtains the ascendancy, and that it was a truth we thought established, that if nature gained the day, it made but little difference what we called the disease; and we may here remark, that we wish our readers to bear in mind, that in proportion as they act up to this principle, in the same proportion will be their success in curing; as in the male, so in the female the same principle is to be observed; in the two cases, one of obstructed, and the other profuse,

menstruation, we placed them in the same room, and commenced the following course of treatment: for two days we gave them freely of the composition powder, in a strong tea of raspberry leaves, we then administered a vapour bath, and followed it by a lobelia emetic, with the valerian and cayenne pepper, as described, every other day, and in the meantime gave daily three or four times, a quarter of a teaspoonful of the stomach bitters, in a strong tea of raspberry leaves; directing the nurse to administer an injection composed of a decoction of oak bark, valerian, and cayenne pepper, to each. This course of treatment was followed for about three weeks, when they were both relieved; one commenced menstruation, and the other became more regular, and no longer troubled with flooding; the ages of those two young women were nineteen or twenty, and the treatment throughout, was exactly alike, both in quantity and quality, and the result was the same, *for they were both cured.* We did not prescribe cold medicines, with bleeding to the one, nor stupifying opiates to the other, which is the practice laid down in the books of the faculty.

TURN OF LIFE.

From the forty-second to the forty-sixth year, or at that time commonly called the "turn of life", the menstrual discharge becomes irregular, both as to quantity and period. Now in the healthy young woman, when menstruation begins, she is not at all aware of it, neither is it altogether requisite she should, being a necessary operation of

nature, which we hold should not be attended with inconvenience to the healthy individual; so in like manner should the term cease without any serious consequences, but from the great importance placed upon this event by the doctors, and the great ease with which they can say to their patients, when they cannot cure them, "O madam, I think it is the change of life with you," which, from the belief among old women that it is a period when sickness cannot be avoided, elicits praise for sagacity in discovering the cause, and obtains the willing fee for their ignorance. The North American Indian woman knows nothing about the "turn of life," and she has nothing important to reckon from that data. The truth is that many women about this time of life get worn out, either by bearing children, the cares of a family, or some other cause, and feel that something is required to support and sustain them; the fire of life is getting low, and all that is required is to assist nature by giving stimulants and tonics, and regulating the general system; we have found the white poplar bark, with composition and bitters, generally to answer all these purposes.

FLUOR ALBUS, OR WHITES.

This is a discharge of serous or mucous matter, of a whitish colour, from the vagina. Its source is probably from the glands of the mouth of the womb, and along the passage; it is of a debilitating and disagreeable nature, but only requires proper treatment to be speedily removed; whilst the faculty usually recommend purging and cooling

medicines, we would say avoid both, and particularly if the patient is pregnant, for it more commonly is present at those times, especially when there has previously been a miscarriage ; we would prescribe a strong tea of raspberry leaves, to a pint of which half an ounce of pulverized gum myrrh may be added; this to be used by way of injection, a small syringe full being thrown up the passage morning and evening, at the same time it is good to wash the parts with cold water ; make a decoction as follows,—horehound, tansey, clivers, cubebs, ground ivy, white pond lily root, and raspberry leaves, of each half an ounce, steeped in a quart of water, strain, and add half a teaspoonful of cayenne pepper ; take a wine glass full three or four times a day ; if the bowels are costive, half an ounce of mountain flax may be added to the above, but be careful not to purge the patient.

BARRENNESS, OR STERILITY

Is probably the result of weakness from some of the foregoing causes ; and there are, no doubt, some cases where the elastic power is lost, or that action which is requisite in coition to enable the vessels to absorb the male semen ; the only remedy for that is to apply such medicines as will give a general healthy tone to the system, avoiding all excesses.

FALSE CONCEPTION.

This signifies that the fœtus, at an early stage, is deprived of life, and the placenta remaining in the

womb, its bulk is increased in consequence of absorption, and when it passes in this state it is called a false conception. The only treatment we have found requisite in such a state is to keep the patient warm and calm for a few days, and administer the composition powder and stomach bitters freely; we have never lost a patient under this treatment.

OF CONCEPTION.

Our readers will remember it is not our intention to write a book which they cannot understand, for that would only be to do what has too frequently been done, and assist in the cause of medical monopoly; we shall, therefore, only say, under the different heads, such things as will contribute to the real information of those for whom we write; and although our experience and observation have led us to a different conclusion from those who have written before us, we shall give our readers one advantage over our opponents, they shall understand us, and will therefore be able to judge whether our opinions or theories are true or not. The theory of conception is as intricate and obscure as the cause of the periodical evacuations of the menses, and there are many circumstances relating to generation which will probably ever remain a mystery. Some of the hypotheses on the subject we will refer to;—first, of those who think that the rudiments of the fœtus (or child) are contained in the female;—second, of those who are of opinion that they exist in the male;—third, of those who imagine the fœtus results from an union

of both. Each of these theories has had its supporters and antagonists, which is not surprising when we consider the obscurity of the subject, as well as the extent of learning which has been brought into the field. The illustrious HARVEY, who discovered the circulation of the blood, belongs to the first class; LEUWENHOEK, who perceived living animals, or bodies which resembled them, in the male semen, supported the second; and BUFFON, whose ingenuity and acuteness are remarkably distinguishable, is the chief supporter of the third opinion. These illustrious men all left off where they began, without being able to establish their opinions satisfactorily, so as to gain an ascendancy, it remaining, as we before remarked, a mystery. We can, by examination after a certain stage, find the child in embryo, and know that after the germ is conveyed into the womb, impregnation has taken place. The *ovum*, (or bag which contains in its cavity the embryo, and watery fluids in which the child floats), soon after its introduction, adheres to some part of the internal surface of the womb; the embryo, or unformed fœtus, with the placenta, umbilical cord, membranes, and waters, in early pregnancy, constitute the *ovum*, which then appears like a thickened fleshy mass; the external membrane, and other parts which are afterwards separate and distinct, being all mingled together. In the process of pregnancy, the surface of the external membrane becomes thinner from stretching, the cavity which contains the rudiments of the child becomes more apparent, and then a thick vascular part on the outside of the chorion

(membrane), called *placenta*, or after-birth, can be readily distinguished from the membranous part of the ovum.

The external membranous part of the ovum is originally composed of three coats; the internal, or that next the fœtus, is called "*amnion*"; the next is the "*true chorion*", and the external is called the "*false chorion*"; but it is probable that it derives an extraordinary membrane from the womb, which constitutes the external covering of the ovum. Though the bag, or external parts of the conception, at first form a large proportion of the ovum, in comparison to the embryo or child, in advanced pregnancy the proportions are reversed. An ovum, between the eighth and ninth week, is nearly about the size of a hen's egg, whilst the embryo scarcely exceeds the weight of a scruple; at three months the ovum is increased beyond the magnitude of the egg of a goose, and the weight above eight ounces; but the fœtus does not then amount to three ounces; at six months the fœtus weighs twelve or thirteen ounces, and the placenta and membrane only seven or eight; at eight months the fœtus weighs something more than five pounds, and the ovum little more than one pound; at birth, the child weighs from six to nine pounds, which it rarely exceeds; but the placenta seldom increases much in bulk from the seventh month.

Having given the above description, we shall next take a short view of the germ. It is the opinion of some, that all the parts of an animal exist in the germ, though their extreme minuteness and fluidity for some time conceal them from

our sight. In a state of progression, some are much earlier seen than others. The embryo, in its original state, is probably entirely fibrous and nervous; and these primary parts seem to contain, in a small scale, all the others which are afterwards to be finally evolved. Of the fibrous, the heart and liver; of the nervous, the brain and spinal cord. The head and its appendages first appear; then the viscera of the chest; next the abdominal; at length the extremities gradually shoot out, the superior first, then the inferior, and by slow and invisible gradation, the beautiful and admirable structure of the whole complicated system is evolved. The fœtus at four weeks is nearly the size of a common fly, it is soft mucilaginous, seems to hang by its belly, and its bowels are only covered by a transparent membrane. At six weeks the consistence is still gelatinous, the size about that of a small bee, the head larger than the rest of the body. At twelve weeks it is near three inches long, and its formation pretty distinct. (See the works of Drs. Hunter, Harvey, De Graaf, Malpighi, Haller, &c.) At four months the fœtus measures about five inches; at five months between six and seven inches; at six months the fœtus is perfect in all its external parts, and commonly between eight and nine inches; at seven months it is eleven or twelve inches; at eight months about fourteen or fifteen, and at full time from eighteen to twenty-five inches. These calculations are not always borne out, as there are so many causes to affect the child, by affecting the circulation of the mother, as it is only through that source it exists.

THE UMBILICAL CORD.

The child is connected to the placenta, or after-birth, by the umbilical cord, or navel string, which may be defined—a long vascular rope, composed of two arteries and a vein, covered with coats derived from the membranes, and distended with a quantity of viscid gelatinous substance, to which the bulk of it is chiefly owing, and which in our opinion is thus distended for two causes, first that the arteries and vein may have more room, and second, that at the birth of the child, the compression would in many cases prove fatal to the child, by stopping the circulation, if the arteries were not protected. The cord always arises from the centre of the child's belly, and leads to the cake or placenta; its diameter is about the thickness of an ordinary finger, and its length sufficient to admit the birth of the child with safety, the placenta always adhering until after the birth, except torn off by the cord being entangled around the child. The use of the cord is to connect the child to the cake, to convey the nutritious fluids from the mother to the child, and to return what is not employed.

THE PLACENTA.

The placenta, cake, or after-birth, is a thick, soft, vascular mass, connected to the child by the cord above described, and to the womb by means of the spongy membrane, as already explained; it varies in shape and size, being thickest at the centre, and

gradually becoming thinner towards the edges. Its substance is chiefly vascular, (full of blood vessels), and probably, in some degree glandular; it is supplied with blood by means of the uterine arteries, and conveys the same to the child through the cord above described. We shall again advert to this subject, under the head labour; but before we come to that we will notice a few of the changes and appearances which take place during pregnancy, as sometimes innocent young women have suffered wrongfully from suspicions, but if all those symptoms were properly explained, it might lead us to suspend our judgment, until we were at least better informed than by mere conjecture.

CHANGES OF THE WOMB THROUGH IMPREGNATION.

Although the womb gradually increases in size, from the moment of conception until the full time; and although its distention is proportionate to that of the ovum, with regard to its contents, it is, strictly speaking, never completely distended. The gravid uterus, (or impregnated womb), is of different sizes in different women, and will vary according to the bulk of the child. Though considerable changes are occasioned by the gradual distention of the uterus, it is difficult to judge of pregnancy, from appearances in the early months; and although the progressive increase of the abdominal tumour, from the stretching of the fundus, affords a more decisive mark of the existence of pregnancy than any other, yet even in those symp-

toms, the most able physicians are sometimes deceived. We remember an incident that occured whilst we were engaged in study: our professor was called to attend a young woman, of a highly respectable family; she was labouring, as we supposed, under the incipient stage of abdominal dropsy, and was treated by the doctor accordingly; in the absence of our teacher, we occasionally attended the case, and were struck with the healthy action of the circulation, as indicated by the pulse, we mentioned the same to the doctor, who replied, that it was a great puzzle to him; she was in this state for several months, continuing to increase in size, and to all appearance growing worse; consultations were held, at which the opinions of several medical men of eminence were obtained, the whole of which ended in tapping being recommended; this she resolutely opposed, and all the entreaties of her friends, added to the strong recommendations of the doctors, had no effect with her, until at length she became very bad; several medical men were present, and they came to the conclusion that she must die, when an old experienced physician was sent for, at the last moment, who on the instant declared her *to be in labour;* he ordered the room to be cleared, and in thirty minutes she was delivered of a fine healthy full grown girl. The family, as may be supposed, were astounded, and even the mother, who had resided with her all the time, had been kept in total ignorance. Another instance, the opposite of this, occured some few years ago in London; a respectable trademan's wife, a friend of ours, who had

borne two or three children, supposed herself pregnant, menstruation ceased, and the abdomen gradually enlarged, she was as before, labouring under all the symptoms of *breeding;* she consulted her accoucheur, who prescribed for her as usual; up to the period of the full time she enlarged. She however passed the period of parturition, and no symptoms of labour appearing, was of course alarmed, and at length it was thought she was labouring under the dropsy. Medicine, however, had no effect upon her, and she continued in this situation for twenty-two months, when her abdomen gradually returned to its natural size, and she has continued to enjoy good health ever since. Several things were remarkable in her case:—during the whole twenty-two months she did not menstruate there was no obstruction of the urinary passages, and she informed us she had no knowledge of any change until she was restored to her usual size. The doctor who attended her during the whole course was subject to the same mistake as herself; in fact it was a delusion from the first onset, but the end was a reality, *his fee being* £28. From these cases it will be seen how important it is that we should not come to any positive conclusion, especially where character, and ofttimes future happiness, depends. But there is one evidence, which it is said may be relied upon, of the positive existence of pregnancy, and that is *the motion* of the child. In this, however, medical men, as well as the patient, have been very frequently deceived. The particulars of one case we will relate:—In 1828, a young woman,

H. A., twenty-two years of age, put herself under our treatment, (after having been attended by two or three medical men) for obstructed menstruation, and general nervous debility; her abdomen was very much enlarged, and, what was more singular, there was a *strong action*, like that of a full grown child, in the womb. We confess frankly, that on the first examination, we believed her to be pregnant, but in the course of treatment we found that the *motion* was caused by a muscular contraction of the womb. We commenced by giving her the warm bitters, in a strong tea of raspberry leaves, and in two days a vapour bath, and an emetic of lobelia; also an injection, made in the following manner,—half a teaspoonful of lobelia herb, and a quarter each of valerian root and cayenne, in half a pint of strong raspberry leaf tea; in the course of one month, by pursuing this treatment, giving an emetic about twice a week, and an injection every night, causing her to take raspberry leaf tea and pepper through the day, she began to menstruate, and all the symptoms that indicated pregnancy, gradually disappeared. She was some years afterwards married, and bore several children.

THE MANNER OF CIRCULATION BETWEEN THE MOTHER AND CHILD,

Has been a subject of dispute by the physicians of the old school, but it is now generally allowed that the communication between the parent and child is carried on entirely by means of the placenta, whose spongy surface adheres to the internal sur-

face of the womb, and receives the finer part of the arterial blood from the mother by *absorption.* Others however, are of opinion that the communication to the placenta is direct from the small arteries of the uterus or womb; but it is again contended, that no blood vessels between them have yet been clearly shown, by the experiments of any physiologist; nor has any coloured injection been forced from the womb, into the interior vessels of the cake. But we do not suppose the generality of our readers will be interested with all the minute speculations of old and new experimentalists, as with the principle facts of the case. This much is certain, that if the placenta is torn prematurely from the surface of the womb, before it has sufficient time to *contract,* in order to close the mouths of the uterine arteries of the mother, excessive flooding takes place, and serious consequences follow; and we may here remark, that should the after-birth not readily pass, strong force is not to be applied to the cord, for several reasons,—first, as soon as the womb sufficiently contracts, it will be freed from the surface naturally;—secondly, if too much force is applied to the cord, the cake may be torn, and a part of it remain;—and thirdly, by forcing it away as we have before remarked, flooding is almost certain to follow. We have never found the following treatment to fail:—when the after-birth adheres, we usually apply to the bowels a cloth steeped in a tea of hops, as hot as the patient can bear it; put a hot brick to the feet in a cloth wet with vinegar, and give the patient a cupful of strong raspberry leaf tea, with half a teaspoonful of

cayenne pepper, and as soon as an equilibrium is restored, and the patient begins to sweat, the cake will be expelled without inconvenience. It is strongly recommended by the faculty, to pass the hand into the womb, and not to pull upon the cord, this is attended with great pain, and ofttimes with serious consequences. In an extensive practice for many years, we have never been compelled to resort to such means. If however the case is obstinate, injections may be thrown up the bowels, of half a teaspoonful of lobelia, a quarter each of valerian and cayenne, in half a pint of strong raspberry leaf tea, and this will have a two-fold beneficial effect, as it will, by its *warming* influence, cause the womb to contract, and remove the adhesion, and at the same time empty the bowels, thus precluding the necessity of a purge.

The placenta is not only the connecting medium between the mother and child, intended for conveying and returning the nutritious fluid from the one to the other, but also changes and prepares it, in a particular manner, for circulating through the minute vessels of the delicate fœtus, for whilst the child remains with the mother it cannot receive the oxygen through its own lungs, and is therefore entirely dependent upon this means for its existence and growth; besides, this mode of circulation in a great measure preserves the child from disease. The finer part of the blood of the mother, transmitted, as before described, through the placenta, and conveyed along the umbilical cord, entering the child, and by its large veins and arteries being conveyed to its extremities, for their support and

increase, after having performed its office, and made the necessary deposits, is again returned to the mother through the cord. Thus performing the same function as the liver in the human body.

THE POSITION OF THE CHILD

Is commodiously adapted to the cavity of the womb, (see plate 1); it describes an oblong or oval figure, its several parts being collected together in such a manner as to occupy the least possible space. The spine is rounded, the head reclines forward towards the knees, which are drawn up to the belly, whilst the heels are drawn backwards towards the breech, and the hands and arms are folded round the knees and legs, the whole being suspended in the waters of the womb, showing how admirable is the arrangement of the great architect, both for the convenience and comfort of the mother, and the safety of the child during its confinement. Another view for admiration is the formation of the fœtus, for whilst its head is considerably larger in proportion to the rest of the body, yet so peculiarly is it constructed, being soft and yielding, and the parts not yet united, so that the bulk of the head may be diminished in every direction, and its passage consequently rendered more easy. The bones of the body are also remarkably flexible, all the prominent points, such, for instance, as the shoulders, elbows, hips, knees, and pelvis, being of a soft cartilaginous consistence. In passing, we may here make a few remarks on deformities, or what are generally termed by the faculty—

MONSTERS.

It is said that any considerable deviation from the natural structure is a monster, whether such deviation be consistent with life or not; such as have supernumerary parts, or those whose parts are defective. Buffon proposed the arrangement of monsters into three classes,—the first, included monsters from excess,—the second, monsters from defect,—and the third those in which there is a misplacement of the organs. In the first are classed those which have supernumary limbs or fingers, or even two bodies joined in various ways. In the second, children born with a hare lip, or who are deficient in some one part. In the last place, those monsters belong to the third class, in which there is a general transposition of organs, when, for example, the heart, the spleen, &c., are on the right side, and the liver on the left; those born with hernia or rupture of different kinds, likewise belong to this class. Various attempts have been made to account for their unnatural formations, some, as Mallebranche, attributed them to the influence of the mother's imagination on the fœtus in the womb; others as Maupertius, thought that her passions communicated to her humours irregular motions, which, acting with violence on the delicate body of the embryo disturbed its structure. Disease, while the child is in the uterus, is considered by some a much more probable cause of such affections.

Another author says,—"it is very difficult to give an explanation of these deviations," nor indeed is it to be expected, whilst the process of genera-

tion is itself *so great a mystery*. We, however, think we shall be able to give some reasons, at least for deformities. Those of our readers who have during the last seven years heard us from the platform, will perhaps anticipate what we are about to allude to. We have endeavoured, at all times, in our writings and oral instructions, to impress upon the females the necessity of avoiding any derangement of their system by *tight lacing*; we have spared no means to show its absurdity, as well as its physical evil, by diagrams, morbid specimens, and relation of facts; and now, as we are making our best respects to the females exclusively, we hope to be pardoned, if, in our zeal to do them good, in endeavouring to make them respect themselves, we write both homely and plainly to them. The use and application of what are generally called *stays*, has been a source of complaint even amongst some of the more ancient writers. Buchan complained of them and their evil effects in his time; and we do not know of one practice that we consider a greater evil to the female sex than this, particularly in married women, and those who are bearing children. It is often remarked to us that they look so vulgar, when not laced up, particularly during pregnancy. We beg to differ with them on this point, and confidently hope we shall have the *thinking* part of society in our favor. In the first place, your system has conceived a being, literally committed to your care, and for which you are responsible to a considerable extent, and every perversion of your system, and every obstruction, has a greater or less effect upon the child; but

this is not all, the extensive injury inflicted upon the most important organs of the body, the great danger arising from impeded circulation, renders this practice highly reprehensible. We remember one lady telling us that when she took off her stays at night, the poor little child commenced its movements, with continued activity for two hours without intermission; almost like the gambols of a young animal, which after being pent up all the day, has been let loose at night. As previously mentioned, the most serious consequences result from such a course; many children are born into the world with an impaired constitution, others are even entirely destroyed, and many of the cases of deformity are accounted for from this practice. In a large town in Yorkshire, one woman bore seven children, *all* deformed, and most of them died at birth; this woman, on being questioned upon the subject, said it was *her own opinion that it resulted from tight lacing.* Another fact (and we consider it a very important one) is, that those women who have followed this practice whilst pregnant, have generally much *harder labours*, for as their own circulation is more or less obstructed, the expansion to those parts (which we shall more fully describe under the head of labour) does not take place, and they become hard and rigid. Let us, then, induce you to imitate your neighbours, the French women, who, so soon as they find themselves pregnant, *immediately cast off their stays*, allowing their bodies to assume the form indicated by nature to be most congenial to that situation; and it is a recorded fact that the difficult labours in France

are much smaller in number than in the same proportion in England. The French doctors, however, take to themselves the credit, not perceiving, or at least not admitting, that it results from the common-sense practice of the females.

Amongst the Indians of North America no such practice exists; directions for making stays are not to be found in *nature*, and as the Indian women follow out only the dictates of nature, they suffer less, and bear a hardier set of children than their more cultivated white sisters. The science of knowing yourselves is not so deep and complicated as those who live by your infirmities would make you believe, since the unlearned Indian woman knows every thing that is necessary for her to know, and that, too, without the assistance of the doctor, and his classic books.

One of the most curious cases of monstrosities, was forwarded some years ago to the school of medicine in Paris, and has been drawn up with much accuracy by M. Dupuytren, an extract from which we shall now give.—M. Bissieu, a young man thirteen years of age, complained from his infancy of pain in his left side, and lower part of the abdomen; this side had been prominent, and contained a tumour from the earliest period of life. He was seized with fever at the age of thirteen, when the tumour increased in size and became very painful; some days after, he passed a quantity of purulent and offensive matter by stool; at the expiration of three months he became much emaciated, he voided by stool a ball of hairs, and in a short time after, died of consumption. On opening his body, there

was found in a cavity in contact with the large intestines and communicating with them, some balls of hair and an organized mass, which presented in its forms, a great number of features of resemblance with the human fœtus, and on dissection, no doubt could be entertained of its nature. There was discovered in it, the trace of some of the organs of sense, a brain, a spinal marrow, very large nerves, muscles converted into a sort of fibrous matter, a skeleton consisting of a vertebral column, a head and pelvis, and limbs in an imperfect state; lastly, a very short umbilical cord attached to the outer intestine, and an artery and vein branching off at each of their extremities, where they were in contact with the fœtus, and with the individual which contained it. The absence however, of a great number of the organs, necessary to the maintenance of life, established it one of those monsters not destined to live beyond the moment of birth. This fœtus was evidently contemporary with the body to which it was attached, and from whence it received its nourishment; at last, the period fixed by nature for expulsion being arrived, and the expulsion being impracticable, the bag became inflamed, the inflammation extended to the intestines, which it finally opened into, pus and hair were voided by stool, and the patient died of wasting or consumption. The drawings of different parts of the body of this fœtus taken by M. Cuvier and M. Jadelot render this interesting case most complete. They are published in the first volume of the transactions of the Academical Society, Paris.

Having gone thus far in what we term our gen-

eral description of the womb, and the formation of the fœtus, we shall now proceed to give an outline of what are considered the most common diseases to which females are subject. We might give you a thousand speculations of a Denman, a Buffon, a Burns, &c., but as we wish to keep in view our promise made some months ago, that we would write a Treatise on Midwifery, and the Diseases of Women and Children, which, like our Guide to Health, could be read and understood by all, we shall not adorn our pages with much of their *splendid nonsense*, for every thing is nonsense that cannot be understood, at least to those parties more immediately concerned.

DISEASES BEFORE AND AFTER PARTURITION.

We now come to give a description of what is called by the faculty, the pathology of parturition, and diseases before and after birth, consequent, as they say, upon pregnancy, in which we shall most seriously differ, and it is upon approaching those points that we expect to be condemned.

Pregnancy is a state appointed by the all-wise director as the means of perpetuating our species, hence we infer it is a natural process; in fact, the last subject we had under consideration, is in every sense of the word, more of an unnatural, and consequently unhealthy state. One of the most common evidences of the existence of pregnancy, is a retention or stoppage of the menses, which is in general looked upon as a certain sign; but,

nevertheless, there are frequent cases where the menstruation continues for two, three, and four months after conception has taken place, and, in some few instances continues monthly during the whole time, and that too, without any inconvenience to either parent or child; we are not aware that anything need be done, more than keeping the system in as regular and healthy a condition as possible; on the contrary, we have known one woman who bore six children, and during the whole period, never menstruated once, conceiving before she had weaned her last child. We only mention these things to save any uneasiness that might occur, should any of our readers be in a like situation. It is said by some of the medical authors, that, what they call the art of midwifery, is the most complicated of any part of the profession; hence they are constantly crying out against *females* acting in the capacity of midwives, one of them remarking, "it is a disgrace to society that it is permitted", whilst we think it is a disgrace to society that *men,* and *strangers* too, are admitted on such occasions into your bed-chambers; they have, in fact, by rendering it complicated and mysterious, fairly made the female part of society believe what an unlearned Indian woman would laugh at, as she herself *never requires any assistance at all;* and yet there seldom or ever occurs among them a case of *sickness during pregnancy,* much less *a difficult labour,* and still less *a death,* either of the mother or child; we are aware that some of our fair readers will say, "you do not mean to compare us to the women of the wood?" "you cannot for a moment suppose that the slender forms of the white

women, can be compared to the hardy Indian women?" That, ladies, is just the cause why we are compelled to take up the pen, and come in direct opposition to the long established errors of society, for if you were like the Indian women, strong and healthy, (and surely you would have no objections to be so), then there would be no necessity for us to write; but again let us inform you that this kind of management, attended by the same success, is not confined to the Indian women, but we also see the same in Ireland, and among the peasantry of France, and, in fact, we have, from long observation come to this conclusion,—*that the further society is removed from the influence of the medical profession, the less disease they suffer; and the more they follow the laws and dictates of nature, the less will be their sufferings during pregnancy.*

SICKNESS AND LOATHING.

This is a degree of feverish indisposition, nauseating sickness, or vomiting, generally in the morning and after taking food; the appetite is so whimsical, that the most extravagant and unaccountable substances are wished for. "The sickness from breeding (says an author), is often so severe as to resemble sea sickness, and it is as little in our power to relieve it"; many have ascribed those early symptoms to the stoppage of the menses, but as far as our own experience goes, we have found that regulating the stomach, and keeping the bowels open by injections, have never failed to remove it. We recommend the following;—Take white poplar bark, agrimony, centaury, raspberry leaves,

yarrow, and rhubarb, of each a quarter of an ounce, steep in two quarts of water, strain, and add while hot two teaspoonfuls of powdered cinnamon, half a teaspoonful of cayenne pepper, and let the patient take one tablespoonful every three hours until the symptoms are removed; if this should not relieve, give an emetic, and repeat it if necessary; we have attended several females, who suffered extremely with their former children, but on taking the above, were entirely free from all sickness, during the remainder of their pregnancy. Avoid bleeding, and drastic medicines, as they only debilitate, and finally render the labour more difficult. It is said by the writers of the old school, that as pregnancy advances, the disorders to which they are subject, are more serious and more sudden, and one reason assigned is, that the enlargement of the womb by the growth of the child, presses upon the other organs, and thereby deranges the system. Why! are not all parts of the female body adapted to the requirements of its functions? We believe so, of a truth; and there can be no possible difference in the mechanical structure of Indian females from those of the white, yet no such symptoms exist amongst them,—in fact the old Indian women say, when one of the tribe is pregnant, "that she has a nine months' *lease of her life*", and not as our modern authors assert, that life is rendered more precarious.

THE HEARTBURN

Is a very common attendant to some females at

this period, when suffering from a weak state of the nervous system; to relieve it, take four ounces of white poplar bark, steep it in one quart of water, strain, and while boiling hot, dissolve half an ounce of powdered myrrh, and a quarter of a teaspoonful of cayenne pepper; let the patient drink freely of this throughout the day; give also an injection of raspberry leaf tea, with half a teaspoonful each of lobelia and composition powder, and a quarter of valerian, which administer every night. Costiveness, which is very common, may be relieved by this prescription; but again we repeat, under any circumstances do not use strong purges, as they only in the end increase the difficulty. A vapour bath may be given every night, or after the injection, put a hot brick wrapped in a cloth wet with vinegar, to the feet. Where much general debility exists, the patient is often labouring under what is called *the falling of the womb*, which sometimes is very distressing; to relieve the lost tone take of the stomach bitters one teaspoonful, four times a day, and inject, with a female syringe, into the passage the following decoction,—raspberry leaves and ground ivy, half an ounce of each, steeped in one pint of water, and to the decoction while hot, add one teaspoonful of valerian.

DIFFICULTY AND PAIN IN PASSING THE URINE.

The cause of this, is the pressure of the womb upon the neck of the bladder, and is generally removed after about four or five months. One im-

portant point to be observed, is in strictly attending to the calls of nature, and they who are so troubled, should never take long journies, or attend crowded meetings, when the circumstances will subject them to disagreeable restrictions; avoid fatigue either in walking or other exercise; reclining upon a bed or sofa when there is much pain, will generally afford relief; as a remedy, use a strong decoction of clivers, juniper berries, centaury, bogbean and yarrow, say one ounce of each, to two quarts of water, well steeped, strain and add half a pound of honey, and one teaspoonful of cayenne pepper: take two-thirds of a wineglassful of this, four times a day; a hot brick applied to the feet, will be of great service.

SWELLING OF THE LEGS AND FEET

Sometimes exists; is very inconvenient and painful to the patient, and not unfrequently extends to the thighs and belly. One of the principle causes, as in the preceding affections, is owing to the pressure of the womb; another may be a plethoric, or full habit; the faculty recommend *small bleedings*, and gentle purgatives; we particularly caution our friends against any thing depletive in such a state, or in fact under any circumstances; therefore, even in a full habit we would recommend stimulants, and tonics; our treatment would be, to make a strong decoction as described in the preceding article, using the vapour bath at night, and a hot brick to the feet, rubbing the legs and feet well with the common tincture of gum myrrh, and cayenne; or, take half a pint of good vinegar, add one teaspoon-

ful of cayenne, and one of common salt; bathe, or rub the parts well. Avoid excessive exercise, or remaining too long on the feet at one time, and should there be considerable pain, the recumbent position will be requisite for its removal.

PAINS IN THE BACK, COLIC, AND CRAMPS

Are attendant on pregnancy. These, say the authors, are consequent upon the enlargement of the womb; the two first being most troublesome in its first stages, whilst the last is most severe at an advanced period of pregnancy. They are often brought on by suddenly exposing the body to colds. Composition powder, taken in doses of half or a teaspoonful three times a day, will generally remove them. An injection at night of half a teaspoonful each of lobelia and composition powder in warm water is of great use in assisting to effect a cure.

CONVULSIONS

May occur during gestation or labour, and their appearance is frightful, the symptoms alarming, and the event always dangerous, and sometimes fatal, if not properly attended to. There is little or no warning to the patient, hence they are the more to be dreaded; violent headache being the only prelude to their approach. This severe affection is most to be dreaded in the advanced stage of pregnancy. The causes are generally great nervous

irritability, which is excited by sympathy from the state of the womb. Popular authors on this subject say that "if any treatment can prevent the threatening catastrophe, immediate and copious bleeding, *occasionally repeated*, must chiefly be relied upon"! We would ask, in the name of science and common sense, what effect "*copious bleeding, occasionally repeated*," would have upon the healthy female in a pregnant state? Would not a sudden *copious* hemorrhage from the lungs, stomach, or the womb, produce premature labour or miscarriage? And are we to be told that, in cases of convulsions, such treatment is to be adopted to restore the patient, and prevent miscarriage, which would inevitably produce the same symptoms in the healthy subject? What train of reasoning is necessary, females of England, to convince you that that which would *destroy* you in a healthy state, will *cure* you when diseased? This, we think, is science, with a vengeance! We are not disposed to be harsh, or to wantonly condemn others, but it appears to us that this course is calculated to mislead, and that the consequences are evil. Our mode of treatment in the above case would be such (and we know from experience it will succeed) as the healthy woman could receive without any injury to her system. Take burdock seed, valerian root, raspberry leaves, centaury, gum myrrh, powdered, clivers, and white poplar bark, of each one ounce, steep in three quarts of water, strain, and add whilst hot half an ounce of bruised cloves, and one teaspoonful of cayenne pepper; give a wineglassful four times a day; after two

hours give an emetic of half a teaspoonful each of lobelia herb and seed, and valerian root, fine, in a cupful of composition tea, having the patient in bed, with a hot brick to the feet, and one on each side, wrapped in cloths wet with vinegar; repeat the emetic if necessary, after which an injection in the usual way, keeping the patient calm and quiet. This may be repeated until the symptoms are relieved. In case of a sudden attack, use the acid tincture of lobelia, by pouring a tablespoonful into the mouth, whilst the patient is in a convulsed state, and as soon as it reaches the base of the brain, it will immediately restore animation; you may then proceed to administer the emetic as before directed.

FLOODING

Occasionally takes place during pregnancy, and generally precedes abortion. It is defined by the faculty as a vague or irregular issue of blood from the uterus, subject to no periodical returns, but liable to recur from very slight occasional causes. It arises in consequence of a separation of some portion of the placenta from the uterus. Floodings must always be looked upon as dangerous, from the increased size of the blood vessels, but seldom prove fatal to the mother before the sixth or seventh month of pregnancy, yet there is always apprehension for the safety of the child in the early period. One case we will particularize, together with the treatment adopted, though it comes more directly under the head of abortion.

We were sent for in haste to see a lady who was labouring under violent flooding; she informed us she was about two months advanced in pregnancy; she had delayed sending, hoping it might subside, instead of which it gradually grew worse, until the discharge of blood was so great as to saturate two folded sheets, penetrate through the bed and mattress, on to the floor beneath, to the amount of two or three quarts. When we arrived we found her pale and livid, and to all appearance in a dying state. We may here pause to remark that there is no case in our practice that more clearly proves the truth of our theory that *heat is life*, or the mainspring to it, than this, for while counter irritation, either by friction or bleeding, would have been the sheet anchor and sole dependence of the old school physician, (which in our opinion would have inevitably failed) ours was a firm and calm determination to lay hold of the important vital organs, and by natural and congenial stimulants, restore an equilibrium. Now, gentle reader, what do you think we did? We are almost afraid you will be alarmed, and say "I would never submit to such treatment!" Well, but you must remember it was a matter of *life* or *death*, and we are apt to submit to almost any course, when life is at stake. We gave her three heaped up teaspoonfuls of cayenne pepper in a cupful of strong raspberry leaf tea, and repeated the dose *four times in one hour and a half!* at the same time gave her a pinch of cayenne pepper to snuff up her nostrils, and had as many hot bricks in the bed as it could contain, changing them as

they became cool; at the expiration of an hour and a half, the veins in the hands and feet began to rise, and all the alarming symptoms subsided. During this period the *ovum* was passed, containing twins. A similar case occurred in Yorkshire, about two years ago, to the wife of Mr. Noble, our agent in Birmingham, in which the same treatment was resorted to, with the addition of lobelia, both by mouth and injection, and with equally beneficial results. One very important caution is necessary to be observed, viz., that the medicines used in such extreme cases must be of the best quality, and of sufficient strength. Having satisfied yourselves on this point, persevere until you obtain the desired object, viz., an *equilibrium*. Remember, the medicines you use are of so pure and harmless a nature that, like food, they act in accordance with the laws of the animal economy, so that if in either of the above cases, which we consider extreme, there had been more medicine administered than was absolutely necessary, it would in no manner have proved injurious.

ABORTION

Is the premature expulsion of the fœtus in any stage previous to the time when it may be said to have an independent existence; although some authors adhere to the following distinction: when the ovum is expelled in the early months, it is called an *abortion;* and if the child be delivered at any period between the fifth and seventh month, it is called a *miscarriage*. But our definition will

be at any period from conception up to the full time. The causes of abortion are too well known to the greater part of our readers to require any very minute description from us, but as our little work may fall into the hands of those young females who have always been kept in ignorance of any truths relating to their own physiology, we shall be more distinct than if we were merely writing for the faculty or the experienced. It is caused, in cases of great nervous debility, by fright; in others by tight lacing, or pinching in of the body, to appear genteel, or disguise the fact, thereby stopping the healthy circulation. It may also arise from a morbid state of the womb, which may become disorganised after conception; or from the venereal disease; any external injury, as from a blow separating the ovum from the womb, violent exertions, the death of the child, which may take place from an original defect in the parents, and various other causes. In all the above cases where the symptoms appear, every means should be resorted to to prevent it, as it often happens that when once it takes place, it will occur again and again, until the system becomes quite predisposed to it. We have been as successful in our attempts to remove the symptoms of abortion as in any other part of our practice.

In the first appearance of what is called a show, or a discharge of blood from the womb, get the patient into a perspiration as soon as possible, give, for instance, a strong decoction of yarrow tea, say a cupful, with half a teaspoonful of cayenne, and put a hot brick to the feet, wrapped in a cloth wet

with vinegar, and if, when the perspiration appears, the symptoms do not abate, give a lobelia emetic, in the way before described, with an injection, in the usual manner. This will generally stop the progress of the disease, but if you should find any difficulty in gaining the point, persevere, and produce "*an equilibrium.*" If, however, the miscarriage should take place, keep the patient as calm as possible, give the composition and stomach bitters, avoid all narcotic stimulants, but give the decoction of yarrow, centaury, clivers, and poplar bark. We copy from an eminent author the following directions, which we consider good, and although some of them may have been alluded to before by us, yet we shall give them entire under the head of

"MANAGEMENT DURING PREGNANCY.

"First.—The strictest temperance and regularity in diet, sleeping, exercise, and amusements, are necessary to be observed by those, who have reasons to dread abortions.

"Second.—Overheating, irregular passions, and costiveness, should be constantly guarded against.

"Third.—The hazards of shocks, from falls in walking, or riding, from bruises in crowds, or frights from bustle, should be avoided with the utmost circumspection.

"Fourth.—The dress ought to be *loose and easy, tight lacing is injurious at every period of pregnancy*, in the early months by preventing the womb from rising out of the pelvis, it *endangers miscar-*

riage, and is still more hazardous in the advanced stages. Bandages without knots, buckles, or whalebone, secured with straps of broad tape or ribbon, should be had recourse to, after conception, and worn constantly.

"Fifth.—Pregnant women require free pure air; their inclinations should be gratified by every reasonable indulgence; and their spirits kept up by cheerful company, and a variety of objects, that their minds may be always composed and happy."

We may here say a few words on what is called FALSE PAINS, which sometimes occur, particularly about the seventh month, and are often produced by over exertion, or in fact, from any of the causes that produce abortion; women who are unacquainted with those subjects, should always consult some old or experienced person, as by taking a step in time, they might prevent premature labour; we have been sent for when the patient has felt that she could have done without assistance, and has even made an apology for the trouble occasioned by her anxiety and alarm. A dose of composition, in a tea of raspberry leaves, will generally relieve them, but if this should fail, a lobelia emetic as described above, will always have the desired effect.

We shall now describe what has hitherto been considered by medical authors, the most difficult period of pregnancy,—

LABOUR,

WHICH is the state, when the organization of the

child being sufficiently developed, it is enabled to exist independent of the mother. The period of pregnancy varies in the different classes of animals,—the mare, the cow, the ewe, the lamb, and the goat are restricted each within its proper limits; in the human species, nine calendar months seem necessary for the perfection, or organization of the child, in other words, thirty-nine weeks, or two hundred and seventy-three days from conception. The term does not seem however so arbitrarily established, that nature may not deviate from her usual laws, and, as many circumstances frequently concur to anticipate delivery, it certainly may, in some instances, be protracted. It is well known that quadrupeds of the same class vary in their periods of fecundation; may we not, therefore, from analogy, reasonably infer that women sometimes exceed the ordinary period? There are several well attested cases on record, where the birth appears to have been protracted many weeks beyond the common time of delivery. If the character of the woman be in other respects unexceptionable, do not let us too hastily condemn the mother, though the child should not be born until nearly ten calendar months after the absence, or sudden death of the husband; and the newly married husband is not to put away or condemn his wife, if she should bear a child, and that seemingly full grown, in seven months after marriage. Labour is an effort of nature to expel the contents of the womb; it is chiefly accomplished by the spasmodic contraction of the womb itself, all the muscles being called in as auxiliary powers. This, then, will ac-

count for the fact that the strong, healthy, muscular woman, has more power in her system to act, and, in consequence, an easier labour. Those efforts are followed by intervals of ease, but the exertions continue until the child is expelled, and the womb completely emptied of its contents. Natural labour is known to approach from the circumstances which usually precede it, the progress is marked by the duration, force, and frequency of the pains, and their effect on the general system, more particularly by the dilatation of the mouth of the womb, the rupture of the membranes, and the protrusion of the head of the child. The symptoms of approaching labour are, the falling of the upper part of the belly, which seems to afford relief from the weight to the parent, pressure, and a sense of fulness, afterwards a ropy discharge from the vagina, streaked with blood, commonly called the *show,* then slight pains in the belly or loins, extreme restlessness, alternate cold and hot fits. The throes of labour usually commence with pain in the loins, which spread round, forwards and downwards, and again from the belly, shooting down the thighs ; at first they are often slight, but as they proceed, gain force, and become more marked. The progress of labour is generally in the following manner :—In consequence of the great discharge of lubricating moisture, the parts are first relaxed, and then gradually begin to dilate ; the membranes containing the waters separate from the internal surface of the womb, and by its spasmodic contraction are protruded in form of a soft yielding bag before the presenting part of

the child, thus assisting in every throe of labour to expand the parts, thereby not only rendering the passage of the child more easy, but also securing a degree of safety both to the mother and child. In the absence of the pains, which, as we before remarked, generally come on periodically, the waters retreat, and the membranous bag is relaxed, and the presenting part of the child, if sufficiently advanced, can be distinctly felt through it. As the pains recur, and increase in force, the membranes again become tense, spreading out more and more, and descending lower and lower, until they protrude from the mouth of the womb, and assist in stretching and dilating the passage, preparatory to delivery, and that too in a manner which no human artifice can possibly imitate. When this important end is accomplished, the slender bag, yielding to the propelling force, gives way, and the contained fluid is evacuated, or in the common language "the waters are broken". In a natural and easy labour, the progress of the head of the child through the pelvis, or lower front bones of the body, corresponds with the advancement of the membranes, and the dilatation of the soft parts. The head advances in a mechanical manner, its large part being generally applied to that of the pelvis. It was formerly the opinion that the *bones of the pelvis separated,* but this idea will appear preposterous to those who are in the slightest degree acquainted with the anatomy of the parts, and know how each bone is bound to the others by tendons and ligaments. During the progress of the passage of the head, the stimulating exer-

tions, in some cases, become so excessive, as to throw the whole frame into the most violent agitation. When thus far advanced there is generally an interval of ease, after which, the pains recurring, the shoulders and body are expelled. We have attended numerous cases where the *one pain* has completed the labour altogether. When the woman has somewhat recovered, or after an interval of rest, the womb again renews its *contractions*, and by a more gentle and moderate exertion of the same powers by which the child was born, the placenta, or *after-birth*, is detached from its adhesion to the womb, which, together with the membranes, are expelled. The above is a description of what is termed natural labour; were we living amongst the unlettered and untutored Indian, it would be wholly and entirely useless; and if we were to explain it to those children of nature, they would laugh at our description, sneer at the minuteness of detail, and say, in the simple but eloquent language of truth and nature,—"We require no such long details of what takes place when our children are born! we know all that is sufficient to secure safe and easy births, almost *without pain*, and what is still more important, we rarely have deaths at childbirth." And might they not further enquire of us—"What then is all your complicated description worth? unless it be to render difficult a science which requires only nature as an instructor, and which is understood by *all our women* alike, none of whom ever require any assistance from another!" And our readers will remark that throughout the whole of the above details, (which

are strictly in accordance with the doctrines of the schools), the only midwife is NATURE, or the natural powers exerted in the system, without the least assistance from any other source ; and further, in our opinion, there is not one case out of a thousand but what would do better left to its own natural powers, than if interfered with in the ordinary manner of the schools. The accoucheur, or midwife, is often placed in difficulties, from the mistaken education of nurses and attendants, whilst he is aware that the labour is going on well, requiring no interference on his part, yet should he not afford, or pretend to afford, assistance, they are unnecessarily dissatisfied, and in some instances alarm the patient ; but let it be borne in mind that frequent examinations will cause heat, swelling, and inflammation, and unfit the parts for their several offices.

There is, from a variety of causes, a vast difference in the pains attending labour, such as the original position of the child in the womb, the bulk, shape, and solidity of the head, which from disease may be enlarged, the age, constitution, previous condition, the capacity of the pelvis, and state of the bowels, as well as management of the patient, &c., any of which may occasion an astonishing influence in the degree of pain, and consequent duration of labour. The following quotation is a proof of all we have advanced upon the subject, and we most ardently hope that our fair readers will profit by the remarks, and, as far as possible, when in a pregnant state, endeavour to keep themselves in a healthy condition ; it is—" Young women,

apparently well proportioned, of a lax fibre, and healthy constitution, may be presumed to have *easy, favourable labours.*" In the writings of the faculty they have divided and sub-divided this subject that it is utterly impossible for a person not having had a professional education to understand. In those divisions, by one author, *labour* is placed under three distinct heads, first, *natural*, second, *laborious*, third, *preternatural.* "They are called *natural* when the head presents, and the child is born by the natural pains; and *laborious*, when the head presents, but the birth is uncommonly protracted, or requires the interposition of art; and *preternatural*, when any other part but the head first presents." Others have gone into greater minutiæ, as "natural and non-natural, slow, and lingering, wrong and cross positions, preternatural, perilous, mixed, complicated," &c. And different explanations have been given by various authors to the same terms. "Such indefinite distinctions (says one of them) serve only to involve the subject in obscurity, and mislead and embarrass *inexperienced practitioners.*" And what, we would here ask, are the consequences of "inexperienced practitioners" being misled? Is it not either the sacrifice of human life, or protracted misery? We ourselves have seen cases where the patients have been rendered cripples for life by the officious interference of some "inexperienced practioner"; and even within the last eighteen months one of the faculty was condemned to twelve months imprisonment for having, whilst *drunk*, inverted or turned the womb, whereby the patient lost her

life. We think a *quack* could not have done worse! We shall continue our description a little further on some particular points, this being the only work written exclusively for those who are most concerned, and we shall endeavour to keep in view the one great principle, viz., to write so as to be understood, for in proportion as we adhere to the axiom we have laid down, "that science is truth based upon the laws of nature," and every deviation from it, however technical and learned it may appear, is error; we think we shall be useful to the great mass of mankind, if at the expense of the few who live and fatten by the ignorance of their fellow beings.

MANAGEMENT DURING LABOUR.

We quote the following from one of the old school authors;—"In all labours, three distinct periods or stages, may be marked,—first,—the dilatation of the *os uteri* (mouth of the womb). Second,—the delivery of the child. Third,—the separation and expulsion of the placenta, (after birth). Of these the first is much the most tedious, and the management is nearly the same in all labours; for, whatever time may be necessary to accomplish it, this first stage should, in *every instance, be trusted to nature;* dangerous floodings excepted. The third stage seldom requires any assistance from art. The second stage is chiefly that where a variation of management in different circumstances is necessary." That good management and proper directions are necessary we admit, and we shall in the following

pages, endeavour to point out such as are required, from which, in the most difficult labours, we have succeeded without the interference of art, or at least *mechanical art.* Instead of pursuing that course in our practice, which in any degree debilitates, as blood-letting, or stupifying by the use of anodines, or narcotics, we use such means as assist nature; giving to the system an energy, and imparting a force to those parts most requiring it.

On the commencement of labour, according to the symptoms we have given in the preceding pages, care must be taken to have the room properly ventilated, the bed conveniently adjusted, the furniture of which, as well as the sheets, free from dampness, or in the usual expression, "well aired", and must be protected by a double blanket or oil skin, to prevent the absorption of the waters, &c., and preserve the bed from moisture.

At this period, the patient should be held under no restraint, but permitted to walk or rest, until the pains become more severe; when she should be placed upon the bed on her left side, with her knees drawn up, and we have found it useful, as the labour advances, to separate them with a pillow; something for the feet to rest against, will also afford great assistance. Having thus placed the patient in as comfortable a situation as circumstances allow, and guarded against every thing that may disturb or annoy, we must wait with patience until the natural pains have brought the head of the child to the external orifice, when assistance is generally required to support the perineum, (the soft parts between the two passages),

which is done by slight pressure on that part with the palm of the hand. When the head is born, we must take care that its position, in relation to the mother, shall be such as not to injure it.

This is natural labour; and in almost every instance women require no more assistance, than we have above described, in fact, as we have before said, and we feel that we cannot too strongly impress it on the minds of our readers, that *mechanical assistance* in nine hundred and ninety-nine cases out of a thousand, does more harm than good. That we can assist by assisting nature is certain; but then, this can be done without wrapping every thing in mystery, and rendering obscure that which it is most to the interest of the patient to know; for bear in mind, it is the patient that has got to perform the work, not the doctor.

One important step at the commencement of labour, is to ascertain that the patient's bowels are active; and it is always safe to administer an injection prepared in the following manner:—take the green lobelia, valerian, cayenne, of each half a teaspoonful in half a pint of strong yarrow tea. The benefit of this is two-fold, by emptying the bowels it affords mechanically more room, and secondly, by the warm and stimulating properties of the medicines, heat is imparted, which materially assists in dilating, as well as affording strength to the general system. You should always have prepared at the commencement of the labour, the following medicine:—a very strong decoction of red raspberry leaves, and as soon as the pains appear let the patient take a wineglassful sweetened,

as hot as it can be borne, and repeat it at intervals; occasionally adding to it as much cayenne pepper as will lay on the end of a common teaspoon. The above treatment, in nine cases out of ten, that we have attended, has been found to answer, and frequently have only to administer the simple raspberry leaf tea, and an injection; which prepares the patient for a speedy recovery, precluding the necessity of purges immediately after parturition, which many times so weaken the system as to retard convalescence.

DIFFICULT LABOUR.

We shall now give a few cases of what we call "difficult labour," and their separate modes of treatment, before we proceed to give directions for the management of the child. These cases have come under our attention within the last twenty years, and we confidently hope that by being made known, others may be induced to adopt the same course, and thus become the means of not only preventing much extreme and unnecessary pain, but in some cases of saving the lives of both parents and children. We may here say with truth that we have never lost a case of either mother or child, that had gone to the full time, and however those who discard our practice may doubt this assertion, yet we are certain that the females who pursue the course we have directed, will, to their own advantage, find it fully borne out. We shall have no mystery, but fully and clearly explain every point, leaving our fair readers

to judge for themselves; and if we succeed according to our hopes, we shall at least secure a large share of their gratitude.

The first case we shall describe is of Mrs. B., who had been *fourteen days in labour*, under the care of two doctors, during which time she was subjected to the course of depletives and cooling medicines usually prescribed; and although it was cold weather, being in the month of December, 1828, they had ordered the room to be kept cool, and but slight covering on the bed. The doctors were alternately in continual attendance, the whole of the above time. When the husband came to us, which he did, during the night, on the recommendation of a friend, he begged of us to hasten, as he believed his wife would die before the morning; we made all possible speed, and on arriving beheld a woful sight: she was laid upon a bed with a thin covering, in a cold room, in a state of half stupor, catching her breath as though each respiration would be her last, the pulse so rapid that we could not count them. The husband requested us to endeavour to deliver her, but we told him we must first try to save her life. We commenced the following treatment: ordered a good fire to be made in the room, two or three hot bricks, and hot water, as soon as possible, and when obtained gave her half a teaspoonful of cayenne pepper, in half a cupful of hot water, sweetened, and when the bricks were ready we put one to the feet and one on each side, then prepared some raspberry leaf tea, of which, with the pepper, we kept up a brisk application all night.

Towards morning the symptoms which appeared on our first arrival began gradually to subside, and perspiration commenced. The general strength of the system of this woman was so far reduced that if the doctors had continued their treatment for a few hours longer she must have inevitably died, for as animation returned, and the extremities began to exhibit warmth, the pains were only lingering, and without any force. We persevered in our course for about twenty-four hours, without much variation, except ordering the nurse to give an injection, for the opiate compounds she had for so many days been taking had constipated her bowels, and what appeared singular they had not given her anything to relieve them. During this time she had no appetite, and she said, that for fourteen days she had not slept, except from the effects of narcotics; we now gave her a vapour bath by heating two or three bricks red hot, putting them in a bucket containing sufficient hot water to half immerse them when set edge ways; placed her over the bucket, with a blanket hung loosely around her to exclude the air, and confine the steam; we kept her over it for about twenty-five minutes, then put her to bed, placing one of the bricks, in a cloth wet with vinegar, to her feet, and administered the following emetic mixture:—one half teacupful of strong raspberry leaf tea, one teaspoonful of pulverised seeds of lobelia, half a teaspoonful each of the green herb lobelia, valerian, and cayenne pepper; caused her to drink one half immediately, and the remaining portion in fifteen minutes after; she vomited thoroughly; we then ordered an

injection, and after the whole had done operating, she went to sleep, and slept without intermission for eighteen hours; on waking, her first demand was for food which we had ordered to be prepared, and of which she partook, saying it was the first time in sixteen days, that she had felt an appetite. Now during all this time we had not even examined her, in reference to the labour, as it was of little use proceeding to such a step, until we had restored sufficient strength in the system, to expel, or carry on the natural action of labour. On examination, we found that one of the feet of the child, was resting on the os sacrum, or bottom part of the back, and the other on the os pubis, or front bone. Soon after awaking, and whilst apparently enjoying her food, strong and regular labour pains commenced, and directly we brought the feet together, one strong pain forcibly expelled the child from the womb. The superiority of our practice was apparent in this case, for notwithstanding the long time she had been suffering, she was able *in one week* to carry her child across the street, a strong healthy boy, which was unfortunately drowned at the age of two years. Another case in the same year, was a lingering labour when we gave only a vapour bath, with a strong tea of raspberry leaves, the child being born with one pain while over the bath. Mrs. O. K., an Irish woman, who had borne six children previous to her approaching confinement, informed us, that she always had forty-eight hours of the most tormenting lingering pains, before she sent for the doctor, and that had been uniform in all the previous births; we instructed her to send

for us, when she had had the pains for two hours; she did so, and when we arrived she apologised and said, she was not ill enough to require assistance, but that as we had given her such instructions, she had obeyed; we told her she had done perfectly right. She had not even sent for her nurse, or any assistance, and she was entirely alone except her servant; we steeped a handful of the raspberry leaves, making a strong tea, into which we put a half teaspoonful of cayenne pepper, and gave her half a teacupful, and in one hour the pains came on so rapidly, the child was born, she resting upon her knees by the side of the bed, and no other person was present but ourself; she sent the servant for a neighbouring woman, who kindly came and assisted in putting her to bed. We attended this patient at the birth of two children after, and the results were the same. Whatever may be the opinions, or special reasonings of the faculty upon this case, it would have been impossible to have changed the opinion of that woman, on the specific action of the above remedies in her system, of their superior and salutary effect, from the six preceding trials, she had had with her *old doctor* as she called him.

In consequence of the success attending the last mentioned case, we were called on various similar occasions, at the recommendation of the above patient; one or two of the most difficult we shall now record. The first was that of an Irish girl, unmarried, who was unfortunately pregnant; it was in the spring of 1831. She had been in labour three days, attended by Dr. R. during that time;

he had called in the assistance of two other professional men, who, after long consultation, and mature reflection, came to the determination that in order to save the mother's life, the child's head must be lessened, that is, the bones broken down, and the brains extracted; which operation it was agreed should be performed at two o'clock, p. m. About half-past nine we were sent for, at the request of the last mentioned patient. We hastened to the place, and found the poor creature laying upon a pallet of straw on the floor, in a very exhausted state. On examination we found the head of the child had advanced into the pelvis, and was completely wedged therein, and were told she had been in that situation for two days. We prepared our usual dose of strong raspberry leaf tea, gave her a wineglassful, with half a teaspoonful of cayenne pepper, and in fifteen minutes administered the emetic dose, as in the previous case; in about one hour the pains began to increase in regularity and force, her strength was renewed at every throe, and in two hours from the time of our attendance the child was born, healthy and strong. In this case the lobelia did not make her sick at all, although she took enough to have vomited her three times in ordinary cases. Our readers may here enquire what other assistance we rendered her. We answer, none! for in the state we found the child, with its head impacted in the pelvis, it would have been impossible to have used any mechanical contrivance, without imminent danger both to the mother and child; we relied alone on the efforts of the greatest midwife in the world,—*lobelia and*

raspberry leaf tea. After putting the girl to bed, and previous to leaving the house, Dr. R. came in; we told him we were not aware that any one had been in attendance before our arrival, when he at once said it was of no consequence, as they intended performing an operation that afternoon, to save, if possible, the girl's life. At this moment the child cried, when his face became like scarlet, and he eagerly enquired "*good God, is the child born?*" We told him it had been born an hour or more, and bade him good day. As we passed into the street, we met Drs. W. and L., bringing with them the instruments of destruction. In a few days the patient recovered, and enjoyed her usual health.

Another case, also an Irish woman, had been attended by a female midwife for about twenty-four hours in labour; and when we arrived we found her on her knees before a chair, in great distress, and much exhausted. Our raspberry leaves were again in requisition, a strong tea of which we prepared, with cayenne pepper, and gave her before entering upon any examination. We were told the waters had broken some twelve hours, and the pains, severe at first, had gradually subsided. As soon as the medicines entered her system labour again commenced, and before she could be raised from her knees, the child was born, being only twenty minutes from our arrival. One circumstance connected with this case is at least worth recording: on calling the following day to see how the patient was getting on, in passing through the yard we observed a female washing, but taking no further notice, we entered the house,

and perceived the infant only in the bed; returning to the yard, we found it was our patient washing; on expostulation, she said "she felt better and stronger than she had done for many weeks, and thought it would do her no harm to wash a few things."

Those of our readers who have perused the Guide to Health will remember the case of an Indian woman; we were in her society some time before her confinement; she was healthy, strong, cheerful, and to all appearances quite indifferent about her situation, as is usual with her tribe; we conversed with her, and told her our wish to be present at the birth of her child; we informed her of the nature of our profession, and that we frequently attended the white women, but she obstinately refused, stating that she wanted no assistance from any one. At the time she felt the pains of labour, she went away alone, and in about one hour and a half returned, with her child wrapped up in a piece of soft blanket; and this was all her confinement! We did obtain this information from her, that she rested upon her knees until the child was born. In our conversation with an aged woman of the tribe, she stated to us that, in her recollection, *not one of their tribe had died in bringing forth children.* If this be true, and it is corroborated by all travellers, does it not do away with much of the importance attached to what is called midwifery? We are aware that some of the more sensitive portion of our readers will not brook the comparison, and we are frank to admit that there are more difficult cases to be met with in a civilized

state of society, than among the uncivilized, or, if you please, the savage; but that is owing to their living in accordance with nature, consequently their systems are healthy and natural. At any rate, young ladies, they do no injury to themselves by tight lacing; no unborn children are prematurely destroyed amongst them from that cause.

But to return to facts and experience; our attendance was urgently required, in the case of a young woman, residing at some distance, who had been in labour two days, and had three or four medical men to see her; but as there was no prospect of a fee, and it being her first labour, she was left under excuses of one sort or other; and when sent for a second time, were either suddenly called away in another direction, suffering from illness, or "not at home". We speedily arrived at the secret of this neglect, as in addition to the above causes, on examination we found the parts tense, rigid, and contracted, and the pains very slight and irregular, consequently a long, tedious, and difficult time was predicted. We commenced as usual by giving her some strong raspberry leaf tea and cayenne, following it up in the course of an hour with an injection and the emetic mixture as before described, and repeating the dose until the pains became severe, and the rigidity of the parts relaxed. In six hours the child was born, but so completely entangled with the umbilical cord, which passed twice round the neck and shoulder, that the placenta was torn from the womb, and violent flooding ensued, which in our opinion, would have proved fatal, had not the system been fortified with the stimulants be-

fore mentioned; as it was, by the sudden application of a cloth saturated in spirits to the lower part of the abdomen it was stopped. In this, as in the case of the Irish girl, notwithstanding the quantity of lobelia given, no sickness or nauseating effects were produced, but a general relaxation of the parts more immediately concerned, and by consequence a happy termination of what otherwise must have been a languishing and difficult labour.

Mrs. U., of Leeds, having attended two or three of our lectures, was induced to consult us. She stated she was five months advanced in pregnancy, and was then labouring under indigestion, and (as usual with her at those times) a severe harrassing cough; she hoped we could remove the indigestion, but did not anticipate any relief for the cough, which, in common parlance, she considered a nine months' evil, having had seven children, and been troubled by it during the whole time with each. We assured her that not only could we restore her digestive functions, but also remove the cough; she looked very sceptical, and expressed her doubts in no very measured terms; however, we succeeded in so doing, and so far secured her confidence, that she earnestly requested our assistance at her approaching confinement, a period which she looked forward to, with much apprehension and dread; inasmuch as her labours had always been attended with more or less difficulty, and in one instance her life was despaired of, arising, it was said, from a peculiarity in her formation, which would render her labours, even under the most favourable circumstances, unavoidably difficult and dangerous.

We endeavoured to reassure and divest her mind from these unfortunate impressions, gave her general directions for future government, and a supply of lobelia, cayenne, valerian, and raspberry leaves; on the commencement of labour she took the above according to the directions, and was delivered of a fine large child in half an hour, and before we could get to her assistance; and her recovery was so completely different from what she had before experienced, that she has often said it was more like a charm than any thing else.

We think we hear some of our medical readers exclaim—"O, that might have occurred in any practice; that 's no uncommon circumstance, and no criterion of the superiority of your practice." But, fortunately, on this head we have further and more convincing testimony. Mrs. U. *again* became pregnant, had now our Guide to Health, and consequently full directions how to proceed,—*this time she had no cough to cure.* When near her confinement she consulted us as to the course to be pursued, in the event of our absence, which at this time was frequent, being much occupied in lecturing. We told her to make her mind perfectly easy, and under any or every condition to trust to lobelia as the greatest midwife in the world, to proceed in strict accordance with the directions given to her, and we had no doubt of a favorable result. We were absent, but she followed our instructions, and so quick and easy was the labour, and again so rapid was her recovery, that the old midwife who attended her, and indeed all who knew her were astonished. It would be utterly impossible to

convince this woman that lobelia had not a direct and specific action upon the womb, for in her case, as in the two preceding ones, it did not act as an emetic.

Mrs. H., of the same town, came to consult us on the subject of her confinement; she stated that the two or three previous labours had been difficult, and, from hearing our lectures, she thought we might afford her great relief. We intimated the probability of our being away, and therefore did not wish to undertake the case. It so happened however that she commenced on Sunday morning, and in three hours, with the assistance of our usual remedies, she brought forth a healthy strong child. She had formerly suffered the most intense agony for two days. Two years from that time we again attended her, and with the same consequences.

Mrs. K., of Halifax, is another illustration of the benefits arising from simply assisting nature. As in the two preceding cases, the female attended our lectures, and was resolved to follow out the system we had laid down, having suffered severely during former labours. On the first intimation of approaching parturition, she immediately had recource to the vapour bath, and raspberry leaf tea with cayenne, and in a very short period the child was born; since then she has had another child, adopting the same course, with the like results.

The following letter, which appeared in our monthly Journal, is here inserted, being of recent date, and fully corroborates all we have written on the subject:—

"Sheffield, June 20th, 1848.

"To Dr. Coffin,—Dear Sir,—I think it a duty in me to inform the public through your Journal, of the benefits which I have derived from the practice of the botanic system, of which you are the founder. Before entering immediately upon the case I will state the treatment that I underwent upon two similar occasions. Previous to my confinement for my first child, my pains were very severe and excruciating, and for *four days* I suffered the most cruel torture; at the end of that time the child was taken from me by instruments, and such was the debilitated state of my constitution, that for seven months after I could neither stand nor sit. In the course of time, however, I rallied; and upon becoming pregnant the second time, I felt satisfied that I never could undergo another such a shock. I knew nothing of your system at that time, and consequently had to pass through the same terrible ordeal. Instruments were again used, but I recovered my health in less time than on the former occasion. I was now told by my medical attendants that it was impossible for me ever to give birth to a living child. During the time that expired between this and the next occasion of my becoming *enciente*, I happened, very fortunately, to hear of the great success attendant upon your system of midwifery. I therefore came to Sheffield, and consulted Mrs. Naylor, to whom I am indebted, next to yourself, for my present joy. Upon my feeling ill again I sent for her; she told me not to fear, for all was right, and would soon be over. I could not think it possible, and dared not believe it, after what I had previously suffered, but she kept my spirits up by this assurance. She first gave me a vapour bath, and then administered hot stimulants, and in four hours I had the satisfaction of having a child naturally born, instead of being kept in tortures for four days and nights, and

then having the infant taken from me by instruments, and of being weakly and ill for seven months, as upon the first occasion. I was able to get up in five days, and in a month after, I went to my home at Bury, in Lancashire, with as fine a baby as was ever born.

"With many thanks to Mrs. Naylor, and to yourself, I beg to subscribe myself yours, most gratefully,

"M. GILBERT.

"P. S. I had almost forgot to say that the weight of the infant when born was sixteen pounds."

In recording the foregoing cases we had but one object in view, viz. to convince our readers that parturition is a natural operation, requiring little, if any mechanical assistance. We have before observed that no man should act as an accoucheur, under any circumstances, but that women should be instructed to do all that is required at the time; and we are not alone in this opinion; Dr. Ewell says, "I view the present increasing practice of calling upon men to officiate, as a source of serious evils of child bearing,—as an imposition upon the credulity of women, and upon the fears of their husbands,—as a means of sacrificing delicacy, and consequently virtue; believe the truth, when pregnant, that the most ordinary women can render you every needful assistance, without the interference of men-midwives; their hurry, their spirit for acting, have done more harm than all the injudicious management of medicines." Speaking of the duties of the man-midwife, Dr. Denman observes, "on his arrival at the patient's residence, he should ascertain all delicate enquiries *from the nurse or female attendant;* he is to learn the history of the case,

the age of the patient, whether she has arrived at the end of pregnancy", and on being introduced to his patient, he is "to assure her that from what he has heard from *the nurse* he has every reason to believe her condition favourable." Again he says, "during the first stage of labour, the practitioner should sit by and watch *nature, she being the best obstetrician*"; that he can neither dilate the orifice of the womb, nor advance the progress of labour by any manual operation; and let him always remember the axiom "a meddlesome midwifery is bad." Dr. John King, writing on this subject, observes, "It is not a sickness in reality, but a natural effect intended by our creator, and should be solely in the hands of women, and never intended as a part of the physician's labour."

We might accumulate extracts from the writings of celebrated authors, proving our position, and the absurdity of calling in the aid of a physician, but shall content ourselves by giving one more quotation which we take from the London Practice of Midwifery:—"A patient, after the waters are discharged, requires a little management, and it is necessary, if we have occasion to leave her, to do so in confidence; therefore we may give her the idea of making provision for whatever may happen in our absence: we may pass our finger up the vagina, or opening to the womb, and MAKE A MODERATE DEGREE OF PRESSURE *for a few seconds on any part of it, so that she may just feel it,* after which we may say to her 'there, madam, I have done something that will be of great use to your labour.' This she trusts to, and if, when we are

again sent for, we are in time, it is well ; if later than we should be, we can easily satisfy her by telling her ' yes, you know I told you I did something which would be of great service to you in your labour.' If the placenta has not come away, —' Oh, I am quite in time for the after-birth, and that you know is the greatest consequence in labour ;' and if the whole has come away, and the patient is comfortably in bed,—' we are glad the after-birth is all come away, in consequence of what we did before we last left the patient, and the labour has terminated just as we intended it should.'"

Women of England ! will you longer submit to such a system of fraud and deception ? will you still suffer all your finer feelings to be outraged by the admission of a man into the most secret recesses of your chamber, under the pretence of being absolutely necessary to your recovery ? will you so far sacrifice your self respect, your innate modesty and sense of delicacy, at the shrine of custom or fashion, to uphold a monstrous monopoly ? can you be so wilfully blind to your own comforts, so ignorant of the great fact that *nature* is the best midwife, and can and will accomplish all that is necessary,—as to countenance one of that class who tells you " Oh, I did something for you before I went away which made it quite unnecessary for any further assistance" ? No ! we feel confident you will not longer submit to this degrading practice ! you will arise in your beauty, your power, and your might, and loudly and fervently protest against it ; you will break the fetters of an unnatural custom, pluck the scales from off your eyes, and see, think,

and judge for yourselves, and in so doing act with such determination as shall at once and for ever sweep this "secret history of adultery", this immodest deformity, from the surface of this fair land.

It is really amusing to see to what extent the causes of what is called difficult labour are carried, in the treatises of the old school practice; we will give you a specimen:—"The causes of lingering labour may be referred to the following,—first, in the mother, as any defect in the action of the uterus, or auxiliary powers of parturition, which impedes the force of the labour pains;—secondly, more remotely, universal debility, from flooding, diarrhœa, or other debilitating evacuations, epileptic fits, crampish spasms, sickness, lowness and faintness, fever from inflammatory diathesis, or improper management, sudden or violent emotions of the mind;—thirdly, local impediments, interrupting the passage of the child; as, in the bones affecting the dimensions of the pelvis, in the soft parts, as constrictions, or rigidity; scirrhus or polypus tumours, tumefactions from hardened pieces in the rectum, stone in the urethra, distention of the bladder from urine, prolapsus of the uterus, vagina or rectum: section second, in the child, as the bulk and unusually complete ossification of the head, or its unfavourable position, the bulk or improper descent of the shoulders: third section, the rigidity or weakness of the membranes, an excess or deficiency of the liquor amnii; as these causes exist singly or combined, the labour will be less or more difficult and painful." Such are a few of what are termed by the faculty causes, to make

it, in our opinion, complicated and mysterious, for there is scarcely one of the above symptoms, at least so far as the mother is concerned, which might not be removed before the labour came on, or before the time of confinement. How absurd then appears all the above symptoms, indications, and causes, to us who have a sufficient confidence in our remedies, to know that we can remove them; but we will not inflict any more such quotations on our readers, but simply follow out our plan.

BREECH PRESENTATION.

We have frequently attended labours where the breech first presented, and in almost every instance we allowed the labour to go on. It formerly was the practise of physicians to attempt to turn the child, but Dr. Hunter states that while he continued this practise, he lost the child in almost every case, but, says he, "since I left these cases to *nature*, I always succeeded"! We should rather think that *nature succeeded*, whilst Dr. H. merely *looked on*. One case we will mention, as unusually difficult. The patient, Mrs. T., lived across the river, and the time occupied in getting a boat, and in crossing and re-crossing the river, was so much that the labour had somewhat advanced. Mrs. T. was suffering under such peculiar circumstances, that she often told us before the period of labour that she was quite sure she should die. She was thirty-nine years of age, and had never borne a child. On our arrival we examined her situation, and found the breech of the child had passed into

the pelvis, and on the recurrence of the pains the womb appeared to be so much contracted that, notwithstanding it being the first labour, and the rigidity of the parts from age, we found it best to allow the labour to take its course without changing the position of the child; and risk the consequences. We gave her the raspberry leaf tea and lobelia, which in the course of two hours brought forth the child, but to all appearance dead, for the cord had been for a considerable time compressed between the head of the child and the bones of the pelvis, so as to completely interrupt the circulation. We wrapped the child in a soft piece of flannel, and the nurse was about to take it, when we told her to get a fire shovel full of hot coals ready, and in a few minutes having extracted the after-birth without cutting the cord, we immediately placed it upon the coals; the effect of which was to dilate and fill the navel string with warmth and moisture; we then directed the nurse to strip the hot fluids towards the body of the child, and poured into its mouth half a teaspoonful of the tincture of lobelia, into which we had put a quantity of cayenne pepper, and administered an injection of composition tea; by these means a sufficient degree of heat was raised to expand the lungs, and the child was resuscitated. The above conclusion is inevitable, if we believe that heat is the principle of life. During the above period we attended to the mother, and put her to bed, with the usual bandage. The child lived, and soon as it breathed freely we cut the cord in the usual way; it grew a fine healthy child. We have since

found that a bucket or pan of hot water would answer the purpose even much better, and no difficult labour should ever be attended without having hot water in readiness, in case it should be required.

We might continue our detail of these interesting cases to a great length, but we should then fall into the error of those we condemn; we wish only to be useful, and have long agreed with the old philosopher that "*useless knowledge is vastly worse than none.*"

EXTRACTION OF THE AFTER-BIRTH.

We have before stated the progress of labour, both in natural and difficult cases; and we now refer our readers to the plates, with their explanations, for the different positions of the child. The natural and usual presentation is the head, which as it advances, can be easily felt on a remission of the pain. When the child is born, the first thing to be attended to is the navel string; the nurse or assistant, should be provided with some thread or narrow tape, and a pair of scissors. It often happens through the ignorance and officiousness of the attendant, that injury, and even fatal effects, are produced by tearing the placenta away before sufficient contraction has taken place, when severe flooding follows; although some authors have recommended the immediate extraction as a general rule, after the delivery of the child, and the reason assigned is, that the womb may suddenly close, and render the operation more difficult; yet we assure our readers, that in no instance have we found any

difficulty from waiting a reasonable time, and in no case of what is called adhesion, have we been compelled to resort to *mechanical force.* In one case of what is called a difficult adhesion, we put the patient over a vapour bath, and in ten minutes it was expelled.

Previous to assisting in the expulsion of the after-birth, you should ascertain if the womb be contracted, or whether there is another child, which may easily be determined by passing the hand over the abdomen, which will not be much diminished in size in the event of another child being present, but should that not be the case, you will feel the cake like a hard lump under the navel of the mother. Those points being settled, you should twist the cord round the fingers of the left hand, so that a firm hold is obtained, then the two fingers and the thumb of the right hand may be passed up the passage, and you will feel something soft like liver ; when the pain comes on gently pull the cord, and after one or two contractions the placenta will be separated from the womb, and may generally be safely extracted. Should the force applied to the cord cause pain to the patient, you must immediately desist, and wait patiently for the contractions of the womb, lest by carrying the attempt further flooding might ensue, the cord be broken, or, what is still worse, the womb inverted. We might go on in our description of the method of extracting the placenta by force by introducing the hand, and enumerate a variety of remedies in cases of extreme flooding, or of spasmodic constrictions, &c. &c., but if the instructions here laid

down are carried out, not one case in ten thousand would require any such interference.

Our readers will here remember that the cord attached to the child's belly is the source from whence it has derived its support, and therefore care must be taken not to cut it too soon, as the circulation sometimes continues several minutes after birth, and is easily determined by the pulsation, which should entirely cease, and the action of the lungs firmly established; being satisfied that all connexion between it and the placenta has ceased, you can proceed to tie the cord with the thread or tape moderately tight, about two inches from the belly, when you may safely cut it. It is a common practice to apply two ligatures, the one as above described, and the other about an inch nearer the mother, and cut between them, in order to prevent hemorrhage, but this practice we object to, for the following reason,—in proportion to the quantity of the discharge from the placenta, its bulk is diminished, and expulsion facilitated. Having wrapped the child in a soft flannel cloth, our next duty is to attend to the management of the placenta, or *after-birth*. The same exertions which have expelled the child will, after a short time, recur, viz., the contraction of the uterus or womb, but in a lesser degree, and if it be a first labour, and the patient in good health, the after-birth is speedily extracted, but in women of weak constitution it becomes more tedious, and requires longer time, in which case you should give freely of raspberry leaf tea, valerian, and composition powder.

After the delivery of the child, and the expulsion

of the after-birth, our next duty is to attend to the mother, and in the first place apply a bandage round the lower part of the abdomen, made fast with strong pins, drawn as tight as the patient can well bear, without causing her much pain. After this is performed, place a hot brick to the feet, and prepare the following compound: take raspberry leaves, centaury, poplar bark, ground ivy, clivers, and cinnamon, each half an ounce, steep in one quart of water, strain, and add eight bitter almonds, pulverized, half a teaspoonful of cayenne pepper, and one pound of sugar; let her take a wineglassful, or if the stomach is weak and irritable, a tablespoonful, at a dose, and repeat it every two or three hours.

TWINS, OR PLURALITY OF CHILDREN.

There is no more difficulty in the management of twins than in ordinary or single labours, and the same treatment must be observed. You must tie the navel string of the first child in two places, and cut between them, it being ofttimes connected with the other, consequently the escape of the fluids might do injury. The first child is generally born with the head presenting, whilst the second child is expelled with the feet first, this being their usual position in the womb, (see plate 2); after the birth of the second child, two after-births and umbilical cords will be expelled, although in some cases the cords will be found inserted in one placenta, in either case the same practice must be observed.

It sometimes happens that three or four, or even

six children may be born in one labour, and in this case the same treatment may be pursued, as it is not necessary to have recourse to any mechanical means, although the faculty have classed this form of parturition under the head of preternatural labour.

We have now terminated the most difficult portion of our task, and have endeavoured to render the subject simple and easy to be understood. We are aware that the plainness of our language is open to severe criticism, especially by our opponents, but if we have conveyed the necessary information to our gentle friends, whereby they may be enabled to render those kind offices to each other which *nature* requires in this anxious time of need, we shall feel ourselves doubly repaid, and know that our labours have not been in vain.

Following out the subject in its usual course, we shall now proceed to the second part of our work, viz., to teach our mothers how to cure disease in themselves and their children,—how to follow the immutable laws of nature, and by her dictates alone, bid defiance to premature death and the doctors.

Plate 1.

Engraved for D.r Coffin's Treatise on Midwifery by T. W. Huffam.

PLATE I.

This represents the womb at the full period of pregnancy.

A The womb stretched to its usual extent, with the head presenting.

B B The upper part of the pelvis, or that portion called the os ilium.

C C The sockets for the thigh bones, technically termed the acetabula.

D D The lower portion of the pelvis.

E The extreme bone of the spinal column, called coccyx, or sitting bone.

F Part of the lower bowel.

G G G The external orifice, or genital opening, considerably expanded.

H The mouth of the womb.

I I A portion of the bladder.

K K The after-birth, at the upper part of the womb.

L L The membranes containing the waters, &c.

M The navel string, entangled round the child.

PLATE II.

Gives a front view of twins, at the commencement of labour.

A The womb expanded, containing twins, with their membranes and double after-births.

B B The upper part of the pelvis.

C C The sockets for the thigh bones.

D D The lower part of the pelvis.

E The extreme bone of the back, called coccyx.

F The lower part of the bowel.

G G The vagina, or external orifice.

H The mouth of the womb.

I I The lower part of the womb, with the membranes below the head of the child.

K K The double after-birth.

L Their membranes.

Plate 2.

Engraved for Dr. Coffin's Treatise on Midwifery by T.W. Huffam

Plate 3.

Engraved for Dr. Joffre's Treatise on Midwifery by T. W. Huffam.

PLATE III.

Represents the gravid womb when labour has been going on for some time.

A The last vertebra, or bone of the back.

B The position of the navel.

C C The general shape of the womb at the final period of pregnancy.

D The same after the waters have broken.

F F The form of the womb when stretched more than common.

G Part of the pelvis, termed the pubis.

H H The mouth of the womb partially dilated.

I The vaginal passage.

M Part of the bladder.

O The left hip.

P The thigh.

PLATE IV.

Shows the mechanical contrivance of the faculty for assisting nature in extracting the head of the child.

A B C A portion of the spinal column, with the sacrum and coccyx (part of the pelvis).

E Part of the bladder.

F The lower intestine.

G G G The womb.

H I Part of the vagina.

K The handles of the forceps.

L A handkerchief folded round the handles to keep them together.

M M The blades of the forceps, encompassing the head of the child.

Plate 4.

Engraved for D.r Coffin's Treatise on Midwifery by T.W. Huffam.

PART II.

DISEASES OF WOMEN AND CHILDREN. TREATMENT, &c.

AFTER PAINS.

These pains generally come on soon after delivery, but are never troublesome in first labours; they are so well known to every mother it is almost unnecessary for us to allude to them; should they prove very urgent, and deprive the patient of rest, a strong decoction of raspberry leaves, with a teaspoonful each of composition powder and valerian, will generally afford relief.

FLOW OF THE DISCHARGE AFTER LABOUR.

Previous to the contraction of the womb a certain degree of discharge takes place, consisting of florid blood, which gradually changes into a paler colour towards its termination. In difficult and protracted labours, as also in females of weak and delicate fibre, this discharge becomes profuse, and of an alarming character; at other times a total suppression takes place before the usual period for

its disappearance. In the former case recourse must be had to the treatment laid down for miscarriage, in the latter frequent and repeated doses of pennyroyal tea and cayenne will generally have the desired effect.

PUERPERAL, OR CHILD-BED FEVER,

Frequently happens under the old practice, but seldom occurs if the patient has previously followed our instructions. We had almost decided upon passing it over, along with several others under their nosology, as only tending to swell our little work, without doing our readers much good; but as we considered it might fall into the hands of those not so well acquainted with our ideas, and as this form of disease under the treatment of the faculty is not only common but often fatal, we think it advisable to give some directions. It is brought on by a variety of causes,—a constitutional debility, arising from derangement of the stomach and bowels, and we are of opinion with Dr. Clark, of this country, that in many cases it is caused by "*the purges usually given on the second day after delivery*"; we have also observed that where difficult labours exist, and strong remedies are resorted to, the patient is more liable to this disease, particularly after taking the *ergot of rye;* and it is the opinion of many writers on this disease that it is more prevalent at some seasons than others, and that it must be endemical. In the years 1839—40, in the East Riding of Yorkshire, this disease was very fatal, and there was scarcely any medical man

of the old school, who did not tremble when called to a labour. Our system was as successful under these circumstances as in any other. Our usual treatment is to give the patient a decoction made in the following manner:—take centaury, barberry bark, ground ivy, agrimony, and raspberry leaves, each half an ounce, steep in three quarts of water, strain it, and add whilst hot half a teaspoonful of cayenne pepper, and half an ounce of gum myrrh; of this decoction give a tablespoonful every three hours, at the same time put a hot brick wrapped in a cloth wet with vinegar, to the feet, and have an injection administered of a strong tea of raspberry leaves and white pond lily root; add to a cupful of this one teaspoonful of green lobelia, half a teaspoonful each of cayenne, and valerian root fine, and if the pressure upon the womb, the rapid pulse, and dry skin does not disappear, give a lobelia emetic in the usual way, and repeat it if necessary, but child-bed fever seldom exists *one day* after the above treatment. In most cases under the old treatment, the patient's milk is dried up, and the child is compelled to be put out to nurse, or brought up by hand; but in the treatment we recommend the milk is not lost, and the woman suffers none of those distressing consequences; but, remember, that when there are febrile or feverish symptoms never give a purge.

MILK CHILLS.

At the time the breasts first fill with milk, which happens on the third and fourth day generally,

there is what is termed by the faculty *milk chills;* the cause is a sudden pressure, and an extension of the glands of the breasts, but this in healthy females is seldom worthy of notice, yet old nurses attach to it so much importance, that in deference to them we shall not pass it over. The only treatment necessary is to produce a perspiration, or a general equilibrium; one of the greatest evils attendant upon this affliction is, the patient becomes alarmed, in consequence of the symptoms, that it must be the forerunner of *a child-bed fever,* but if our instructions are carefully attended to, we can assure our readers, that there will not be the least danger.

THE MILK LEG,

As it is called by the faculty, is another *grand* difficulty with them, and from wrong treatment, or not properly understanding the cause or remedy, females are sometimes rendered cripples for life. This affection may be attributed to an obstruction of the lymphatics, arising from previous derangements of the system, or improper treatment during labour. It is characterised by a heavy, stiff, painful, and whitish coloured swelling of the leg, extending to the thigh, hip, and groin, and external portion of the genital organ. It sometimes goes on to ulceration, and continues with the patient for years. We have in its treatment always used the vapour bath in its first stages, at the same time an injection, with a similar compound to that recommended under child-birth

fever; after the bath put a hot brick to the feet, and at the same time wrap the limbs in cloths wrung out of a strong tea of hops made hot, and covered with dry cloths, to keep the heat and moisture from evaporating. In case the above does not answer give an emetic, and in fact, if the symptoms are aggravated in the beginning, this course may be first pursued.

MILIARY ERUPTIONS.

Sometimes from a vitiated state of the fluids; previous to confinement, there is a form of disease appears upon the surface of lying-in women called by the faculty *millet*, or *miliary eruption*. As it is with us but the effect of a cause, we shall not give the importance to it that is given by the creators of its name; it is the result of a diseased system, and only wants that system cleansed and put in order, which may be done in the following manner:—take half an ounce each of poplar bark, agrimony, ground ivy, clivers, and bogbean, steep in two quarts of water, strain, and add one teaspoonful of cayenne pepper, and when cool, eight or ten bitter almonds pulverized; take a wineglassful three or four times a day.

SORE NIPPLES.

Some authors have attributed this very painful and harrassing affliction to a too frequent application of the child to the breast, but we beg to differ from this opinion; animals, in a natural state never have

sore nipples, and yet we see their young applying themselves continually to the teat; further, we have never known it occur throughout all our experience where the mother and child have been in a healthy state, hence we have concluded that it arises from the over-heated condition of the child's stomach, as it is usually termed, or from general derangement in the system of the mother. We would, whilst we prescribe for the effect, remove the cause; a strong tea of raspberry leaves, with a small quantity of pulverized gum myrrh dissolved in it while hot, is one of the best applications, both to the nipples and the child's mouth; at the same time attend to the condition of both mother and child; if the bowels are deranged it is always best to regulate them by injections; where the nipples are very raw, a shield will be of great service, and may be so constructed as to save the nipple, when the child is sucking; they are made of wood and silver, and may be obtained at the shops. The above lotion is one of the best preventatives, even where the nipples are not sore.

SWELLED OR CAKED BREASTS.

When the breasts are not properly drawn, by placing the child to them at an early period, they sometimes become hard and tumid; it may also be produced by exposure to cold, or by general debility. This is called inflammation of the breasts, or in more vulgar language, *milk cake*. Under bad management, owing to the extreme sensitiveness of the parts, there is not a more painful and

distressing disease to which lying-in women are subject, particularly if allowed to proceed to suppuration. The first thing is to have the breast properly drawn, and then continued fomentation of chamomile and yarrow tea for some time, after which a large cataplasm of hops, made wet with vinegar or tincture of myrrh, may be applied to the part, as hot as the patient can well bear it, renewing it when it becomes cool; give the patient at the same time freely of the composition powder, and put a hot brick to the feet, wrapped in a cloth wet with vinegar; if the symptoms do not abate, give an emetic of lobelia, and an injection in the ordinary way. If, after these means, the swelling still has a tendency to gather, or suppurate, a poultice of white bread and pounded white pond lily root, wet with the tincture of myrrh, and the surface sprinkled over with the pulverized seeds of lobelia, should be applied; this may be renewed every two or three hours, until the breasts indicate that matter is developed, when the abscess may be opened, after it is opened, apply the following ointment: take of hogs' lard two ounces, burgundy pitch four ounces, and bees' wax one ounce, simmer them over a slow fire until well mixed, then stir them until cold; this salve may be changed two or three times a day, spreading it over a piece of soft linen. The vapour bath as before described is also to be administered, and repeated if necesary as often as occasion may require, having due regard to the strength of the patient, in fact there is no complaint in which you should more strictly attend to keeping a gentle perspiration on the surface.

INFLAMMATION OF THE WOMB.

This disease is caused by an injury, such as a blow, a fall, or the great pressure of the head upon the womb, it may also arise from the over officiousness of the midwife, and improper application of instruments, by exposure to cold, or indulging in the use of spirituous liquors. It generally comes on in the course of two or three days after delivery, with violent pain, heat and tension, at the lower part of the belly, considerable thirst and vomiting, with great depression of strength. This affection is considered highly dangerous by the faculty, who immediately resort to the lancet (as their sheet anchor), and abstract a large quantity of blood, repeating the operation three or four, and in some instances more times, thereby prostrating the system and depriving the patient of that vitality which can alone assist nature in her endeavours to produce a healthy action. On the first onset give an emetic, and let it be followed by an injection as before described, then apply flannels wrung out of hot yarrow tea, renewing them every two or three minutes; make a decoction as follows: take of vervain, agrimony, ground ivy, and clivers, each half an ounce, boil in a quart of water for ten minutes, when cool strain and add one tablespoonful of valerian, and half a teaspoonful of cayenne; let the patient take two tablespoonfuls every two or three hours. Should the symptoms not have abated in two hours, repeat the emetic and injection, together with the hot fomentations, to which may be added a small quantity of cayenne pepper.

TREATMENT OF THE CHILD.

We shall now enter more fully into the treatment of the child, as respects its dress, food, &c., and there is no subject on which the great mass of females have been more misled than this. Infants, as we have before remarked, are subjected at their birth to the most cruel treatment, in other words, they are killed with kindness, by the dear old nurse, who immediately after its first cry proceeds to cram its mouth full of fresh butter, sugar, &c., "to prevent the thrush, or sore mouth," and then follows a dose of castor oil, "to cleanse its stomach and bowels," and thus, on the very first appearance of the little stranger in this world, it becomes the victim to a gross and superstitious practice, which in every case does more harm than good. When the nurse or attendant asks us "what must be done for the child?" our uniform answer is *nothing*, if it is in a healthy state. In the first place wash it with warm water, and take great care that those parts which are most liable to friction, as behind the ears, under the neck, and between the thighs, are well washed and dried; next let the navel be attended to, by taking a piece of scorched linen, about three or four inches in diameter, cut a hole in it of sufficient size to let the cord through, and over the linen spread a thin coat of hogs' fat, or sweet oil, then let the cord pass so that the cloth will lay flat on the abdomen, and be careful that no part of the cord lies upon, or comes in contact with the belly of the child; put then a narrow bandage of thin cloth around the body of the child,

in order to hold all things in their places. This bandage may be removed in the course of two or three days, to see if the cord is detached from the navel, which in that time is generally the case. If all is clear, remove your cloths, and put a small piece of linen with a little cold cream upon the navel, and replace the thin bandage for a few days, to prevent irritation, at the expiration of which it may be removed altogether. After applying the thin bandage as above described, you may then put it a light dress on, but do not begin to swathe it up in almost innumerable flannel bandages, until it is impossible for it to breathe, or any of its little organs to be developed. We here feel an irresistible compulsion to give the following extract from Buchan, it being, in almost every particular, in perfect accordance with our own views, and corroborates what we have above remarked.—" The better to trace diseases from their original causes, we shall take a view of the common treatment of mankind in the state of infancy. In this period of our lives the foundation of a good or bad constitution is generally laid ; it is therefore of importance that parents be well acquainted with the various causes which may injure the health of their offspring. It appears from the annual registry of the dead, that almost one-half of the children born in Great Britain die under twelve years of age. To many this may indeed appear a *natural* evil, but on due examination it will be found to be one of our own creating ; were the deaths of infants a natural evil, other animals would be as liable to die young as man ; but this we find to be by no

means the case. It may appear strange that man, notwithstanding his superior reason, should fall so far short of other animals in the management of his young; but our surprise will soon cease, if we consider that brutes, guided by instinct, never err in this respect, while man, trusting solely to *art*, is seldom right. Were a catalogue of those infants who perish annually by art alone exhibited to public view, it would astonish most people. If parents are above taking care of their children, others must be employed for that purpose; these will always endeavour to recommend themselves by the appearance of extraordinary skill and address. By this such a number of unnecessary and destructive articles have been introduced into the diet, clothing, &c. of infants, that it is no wonder so many of them perish. Nothing can be more preposterous than a mother who thinks it below her to take care of her own child, or who is so ignorant as not to know what is proper to be done for it. If we search nature throughout, we cannot find a parallel to this; every other animal is the nurse of its own offspring, and they thrive accordingly. Were the brutes to bring up their young by proxy, they would share the same fate as the human species. We mean not however to impose it as a task upon every mother to suckle her own child; this, whatever speculative writers may assert, is in some cases impracticable, and might prove destructive both to the mother and child. Women of delicate constitutions, subject to hysteric fits, or other nervous affections, make very bad nurses; and these cases are now so common, that it is rare

to find a woman of fashion free from them; such women, therefore, supposing them willing, are often unable to suckle their own children. Almost every woman would be in a condition to give suck, did mankind live agreeably to nature; but when we consider how far many mothers deviate from her dictates, we need not be surprised to find some of them unable to perform that necessary office. Mothers who do not eat a sufficient quantity of food, nor enjoy the benefits of free air and exercise, can neither have wholesome juices themselves, nor afford proper nourishment to an infant. Hence children who are suckled by delicate women either die young, or continue weak and sickly all their lives. When we say that mothers are not always in a condition to suckle their own children, we would not be understood as discouraging that practice; every mother that can, ought certainly to perform so tender and agreeable an office; but supposing it to be out of her power, she nevertheless may be of great service to her child. The business of nursing is by no means confined to giving suck; to a woman who abounds with milk, this is the easiest part of it; numberless other offices are necessary for a child, which the mother ought at least to see done. Many advantages would arise to society, as well as to individuals, from mothers' suckling their own children. A mother who abandons the fruit of her womb as soon as it is born to the sole care of an hireling, hardly deserves that name. A child, by being brought up under the mother's eye, not only secures her affections, but may reap all the advantage of a parent's care,

though it be suckled by another. How can a mother be better employed than by superintending the nursery? This is at once the most delightful and important office, yet the most trivial business, or the most insipid amusements, are often preferred to it! A strong proof both of the bad taste and wrong education of modern females. It is indeed to be regretted that more care is not bestowed in teaching the proper management of children to those whom nature designed to be mothers; this, instead of being made the principal, is seldom considered any part of female education. Is it any wonder when females so educated come to be mothers, that they should be quite ignorant of the duties belonging to that character? However strange it may appear, it is certainly true, that many mothers, and those of fashion too, are as ignorant when they have brought a child into the world of what is to be done for it, as the infant itself; indeed the most unlettered of the sex are generally considered the most knowing in the business of the nursery. However, sensible people become the dupes of ignorance and superstition; and the nursing of children, instead of being conducted by reason, is the result of whim and caprice. Tacitus, the Roman Historian, complained greatly of the degeneracy of the Roman ladies in his time with regard to the care of their offspring; he says that 'in former times, the greatest women in Rome used to account it their chief glory to keep the house, and attend their children; but that now, the sole care of the young infant is committed to some poor Grecian wench, or other menial servant.'

We are afraid, wherever luxury and effeminacy prevail, there will be too much ground for this complaint. Was the time that is generally spent by females in the acquisition of trifling accomplishments, employed in learning how to bring up their children, how to dress them so as not to hurt, cramp, or confine their motions, how to feed them with wholesome food, how to exercise their tender bodies, so as best to promote their growth and strength,—were these made the objects of female instruction, mankind would derive the greatest advantages from it; but while the education of females implies little more than relates to dress, and public show, we have nothing to expect from them but ignorance, even in the most important concerns. Did mothers reflect on their own importance, and lay it to heart, they would embrace every opportunity of informing themselves of the duties which they owe to their infant offspring; it is their province not only to form the body, but also to give the mind its early bias; they have it very much in their power to make men healthy, or sickly, useful in life, or pests to society. But the mother is not the only person concerned in the management of children; beside the duties that may devolve upon the father,—the physicians themselves have not been sufficiently attentive to the management of children; it has generally been considered as the sole province of old women, while men of the first character in physic have refused to visit infants even when sick. It is really astonishing that so little attention should in general be paid to the preservation of infants. What labour and expense

are daily bestowed to prop an old tottering carcass for a few years, while thousands of those who might be useful in life perish without being regarded! Mankind are too apt to value things according to their present, not their future usefulness."

One of the most cruel practices is as soon as the child is born for the nurse or midwife to press the breasts of the child to remove the milk; as Dr. Buchan says, there certainly might be a little moisture there, but never milk, and the practice should be condemned by all who may have any influence over mothers or nurses. As we remarked above, children should be dressed lightly. It is the custom among some tribes of the American Indians simply to roll the child up in a flannel, without any bandage, or *stays*, or *wrappers*, or any thing else that obstructs the full development of any organ, and while they thus follow out the laws of nature only, their children are seldom or ever troubled with that long catalogue of diseases to which their more civilized and learned neighbours are subject to, and without which long list the physicians would be shorn of more than half of their practice; for it is the existence of those diseases, *and their mal-treatment*, that perpetuates disease and debility in the constitutions of the victims in after life.

There are more than sixty forms of disease to which it is said children are subject during their young existence; yet we can assure our readers that, by due observance of the mother, before birth, in keeping up a healthy action of her own system,

in nineteen cases out of twenty none of those forms of disease will exist in her offspring. In those cases that have come under our care, the children have scarcely wanted more attention than a young animal. We have observed that the children of the Indians seldom or ever cry, or appear to suffer pain, and under those circumstances much of the anxiety consequent upon the rearing of children amongst us, is with them entirely removed.

In regard to the food for children, we have already said the only thing required at birth, if the mother be in a healthy state, is the breast; and as Boer observes, "every mother who has been strong enough to carry and nourish her child during the nine months of pregnancy, is also strong enough to afford the breast for some time after birth, with very few exceptions."

Again, "the advantages of an early application of the child to the breast," says Dr. Dewees, "are, first, the child retains the early faculty of sucking with which it is born, for if this be not attended to for several days, because (as they say) the mother has no milk, it will lose it, and much trouble be given to recal it. We have witnessed this but too frequently. Secondly, it will by its gentle action upon the nipple gradually stretch it, and accustom it to this extension before the breasts become swelled with milk, and tender from distention. Thirdly, by its mouth stimulating the nipple an earlier secretion of milk will take place. Fourthly, the milk will be drawn off as fast as formed, which will prevent the pain which constantly arises from its accumulation, as well as the swelling which is

almost sure to follow its formation; this swelling shortens the nipple, and renders the extraction of the milk more difficult, increases the efforts of the child, by which the external covering of this little body becomes irritated, and sore nipples now ensue to the great misery of the mother. Fifthly, the early secreted milk has a purgative quality attached to it, by which the infant profits by its assisting to carry off the meconium. The milk fever, which some people think so necessary for obtaining a supply from the breast, is merely the result of their own neglect. If the child be not applied no fulness of the breasts is perceivable, and a small quantity of watery fluid only comes out; at length if the breast be not drawn, it swells, the face flushes, the skin becomes hot, and all the common symptoms of milk fever are induced." "It is not to be wondered at," says Mr. White, in his valuable Treatise on Lying-in Women, "that a secretion that has been so many months in preparing, and which is intended to flow in such large quantities for so many months to come, should, if driven back, in a few days occasion a fever; especially when we consider that the milk which is secreted in the breast for several days after delivery, is, when in its purest state, thin, stimulating, and purgative, for the wise purpose of cleansing the child's stomach and bowels of those viscid blackish green fæces, called meconium, and that this milk must be rendered very acrid by its stagnation in the breasts for several days together." "I have observed," says another great authority, Dr. William Hunter, "in women who do not give suck, and in nurses after they leave off suckling,

that the axillary glands (the glands in and near the arm pit) become painful, swell, and sometimes suppurate. Is not this owing to the acrimony which the milk has acquired by long stagnation in the breast, and affecting the gland through which it must pass in absorption? I have observed too, (adds Dr. Hunter) that there are at the same time fevers of the intermitting kind, but very irregular in their return, which come on with a rigour, and go off with a sweat, and are not such fevers raised by absorption of acrid milk?"

Buffon informs us that in Italy, Holland, Turkey, and through the whole Levant, children are rarely allowed any other food than that of the breast milk during the first year, and the savages in Canada suckle for four or five, and sometimes six or seven years.

Where, from a weakened and debilitated state of the system, or other causes, the mother is not able to suckle, we would urgently impress upon her mind this maxim,—*never let the child go from under your own care.* In preparing the food you should keep in view the properties of the milk, as near as possible, in which there is a considerable quantity of saccharine matter, or sugar. We are aware that several authors speak against sugar being much used in the food of children, but we must protest against this opinion, and our opposition in this respect is founded upon observation. In the West Indies, where the sugar cane is grown, as soon as it approaches maturity, the little negroes commence sucking the juice, and from that time they begin to fatten, grow plump and hardy. We

have therefore generally directed, in preparing food for the young child, that it should be sweetened. At first you may boil a little sago, and take the water and mix about the same quantity of milk, adding sufficient sugar to resemble, as near as possible, the milk of the mother; of this the child should be fed little but often; let nature be your guide, consider the child at the breast, which you are aware sucks but a small quantity at a time, and often. After the space of two or three weeks you may give it a little of the sago, well boiled, but do not cram it with bread or meat before its stomach is capable of digesting and disposing of it, or its system requires any such food.

In the manufacturing districts of this country, many of the little children are, at a very early age, left to the care of a young inexperienced person, some eight or nine years of age, while the mother is at work in the mill, and when the child feels the calls of nature, or the want of its natural nurse, and shows uneasiness, its stomach is at once engorged with a mass of crude, heavy food, wholly unadapted to its capabilities; in consequence of which the child becomes fretful and peevish, exhibiting unequivocal symptoms of pain and distress, and then a dose of Godfrey's cordial, Dalby's carminative, or some other narcotic poison is administered, and chronic disease is fixed upon the poor object for life. There is perhaps no country in the world where the evils arising from bad nursing are more apparent than in France. The children, instead of being taken care of and attended to by their *only natural* nurses, are taken immediately

after birth to some place in the country by a respectable nurse, and the mother is left without the benefit of the little being drawing her breasts, and at the same time the child is deprived of the only legitimate or natural food for its stomach. Independent of the physical evils which result to the child, as well as the mother, we consider such a course, though it may be sanctioned by custom, as most unnatural, most inhuman, and highly to be deprecated. The child suffers from neglect, as it is impossible for the nurse to feel that tenderness for her little charge, and the mother is also deprived of having nurtured, in the constant care and solicitude for her offspring, all those maternal feelings that give zest to society. This practice cannot be too strongly reprobated. We have seen in France children returned from the nurses that looked more like shrivelled monkies than human beings. We saw this day, (22nd September), whilst walking in the *Jardin des Plant's*, a little girl on crutches, her deformed appearance, as well as her diminutive size, for she was not more than twenty-six inches high, attracted our attention; she informed us she was nine years of age, that her mother was occupied in business as a baker at the time of her birth, consequently she was put out to nurse, who had shamefully neglected her; that her mother was so much engaged in business that she could not attend to her, and she was thus, by the cruel neglect both of her mother and nurse, rendered a miserable cripple for life; her legs were more like the letter S than human legs.

There are, in the City of Paris, offices, or as

they call them, "Bureaux", similar to our register offices, where nurses enter their names. Here the indolent mothers meet with and engage their nurses, *total strangers*, to whom are committed the charge of their little ones. Something of a ridiculous occurrence took place on the railway whilst we were in Paris, in the summer of 1848. A number of those nurses started in a train, with their little charges, two, three, or four weeks old; an accident happened, which threw the carriages off the line, and though very little injury occurred to the passengers, yet the confusion was very great, by each nurse claiming her right child; one who had *picked up a girl*, exclaimed *her's was a boy;* another found a boy, and should have had a girl; and it was sometime before they were all right again, *if they ever were.* One of the first acts of the provisional government of the new republic of France was to abolish slavery, and a noble act it was, but if they had gone still further, and passed an act making it transportation to the *healthy mother* who sent her child away to nurse, we think they would have emancipated thousands of poor little sufferers at home, from that kind of slavery which, as in the case of the little girl above described, is productive of so much wretchedness, misery, and deformity.

Two or three important points are always to be considered in the nursing or rearing of children; first, they should always be kept warm; second, they should have light wholesome food, and not too much given at a time; and third, that they should be kept clean, and their bodies washed often; they should not be too much wrapped or swathed up,

the evils of which we have endeavoured to point out.

APTHA, OR THRUSH.

Children generally soon after they are born, are subject to the thrush or sore mouth, which is a white coat of canker. It is generally brought on by some derangement of the stomach, for in healthy children it never occurs. An eminent author says "It is generally thought that this disease owes its origin to acrid humours; we have reason to believe it is more frequently owing to too hot a regimen, both of the mother and child. *It is a rare thing to find a child that is not dosed with wine, punch, or some other hot and inflammatory liquor, almost as soon as it is born. It is well known these will occasion inflammatory disorders in an adult; is it any wonder, then, that they should heat and inflame the tender bodies of infants, and set as it were their whole constitutions in a blaze?*" In no case where we have had the direction of the mother and child has this disease occurred; that we have been called to see such, and in a dreadful state is certain, and for which we generally prescribe the following treatment:—red raspberry leaves and agrimony, of each half an ounce, steeped in a pint of water, well sweetened with honey, and if the bowels are not open, add a little senna; for a gargle, or wash for the mouth, take one teaspoonful of Peruvian bark, and half a teaspoonful of gum myrrh, finely pulverized, steep in two or three ounces of water, and sweeten this also with honey; wash the mouth three or four times a day.

DENTITION, OR TEETHING.

The next most important period of the child's existence is dentition, or teething; important, as so great and powerful an influence is attached to it both by medical men and almost all old women. We have given our ideas on this subject from time to time in our public lectures, (the whole of which we are about to publish, for the benefit of our friends), as well as in our Guide to Health; and although so much has been said and written upon this subject, yet we can assure our readers that since the publication of our work we have not altered or changed our opinion. Dr. Arbuthnot says "that above one-tenth of infants die in teething, from symptoms proceeding from the irritation of the tender nervous part of the jaws, occasioning inflammations, fevers, convulsions, gangrenes, &c. These symptoms are in a great measure owing to the great delicacy, and exquisite sensibility of the nervous system at this time of life, which is too often increased by improper management. Hence it comes to pass that children delicately brought up always suffer most in teething, and often fall by convulsive disorders." The admission of the Dr. that "*delicate children suffer most*" is all we require to prove our position. We cannot do better than quote from our Guide to Health, making such additional remarks as we have acquired since that period. In the fourteenth edition, page 162, we have said—

On this subject I materially dissent from almost all the doctrines of the schools, and having to en-

counter the prevailing opinions of the day, I shall endeavour to convince my readers of the justice of my position, before proceeding to any other consideration.

In the first place, I maintain that teething, or what is meant by saying that a child is about cutting its teeth, is a natural operation, or the fulfilment of a law imposed by nature; it therefore cannot with justice be termed a disease. The faculty regard it as a period fraught with danger to the life of the child. Dr. Thomas says "of all the occurrences to which children are liable, not one is attended with such grievous and distressing consequences as difficult dentition." I, however, dissent from the above opinion; nay more, affirm that children are not sick from cutting teeth; for Providence having decreed that the teeth should appear at a certain age, it is, as I before stated, one of nature's fixed and unalterable laws; and children brought up in strict accordance with these laws are not visited with any particular sickness during the process of dentition. Even in this country, children of a robust and healthy habit get their teeth without any perceptible pain. Ask an Indian mother if her child had suffered much whilst cutting its teeth, and she would smile at your simplicity. Would you know the cause of your child's illness at this period of existence?—listen then, fathers and mothers, you who are most interested in the health of your offspring; you are yourselves the innocent cause of its illness. You must remember that at this stage of the child's existence, having just been weaned, or taken from the breast of its

mother, instead of giving it such food as in its nature nearest approaches to the milk of the mother, you, forgetting that its stomach is too weak to digest strong food, and that having no teeth it cannot masticate it—forgetting that its diet should never be stronger than bread and milk—in a word, regardless of all these things, you fill the child with potatoes, and bread, and soups, in fact with a bit of every thing that is going; and some foolish parents add wine and beer. No wonder that the child is ill—that it looks so pale—and that its growth is arrested. Why then should we wonder at its teeth not appearing at the proper time? the only wonder ought to be how the child has managed to live at all, with such a quantity of strong food in its stomach, which it is incapable of digesting. Would you save your child;—if so, cease to stuff it, cleanse its bowels by administering proper medicines: feed it on bread and milk, and nature will soon complete the cure. Parents should attend to this advice, as they have the power at all times of correcting this evil. How many thousands of children have perished that have thus been neglected, because the doctors have deceived the parents by preventing their becoming acquainted with the cause. What would the admirers of Dr. Thomas say, if told that there was no period of a child's life more grievous than when its bones were growing, or its hair, or its nails; they would doubtless laugh at me, as all deserve to be laughed at who propagate such erroneous opinions.

When in America, I once asked an Indian mother of the Chocktaw Tribe, if her children were sick

when cutting their teeth? she looked at me with all the quiet majesty peculiar to that race, and asked of me in reply, "*are the calves sick?*" Her answer confounded me; and I stood rebuked in the presence of that unsophisticated child of nature. Yes, my readers, that poor wandering savage knew more of nature and its operations than the modern professors of philosophy, who appear to have lost sight of nature's unalterable and immutable laws, in their flimsy and fanciful speculations. One of the most absurd and cruel practices made use of by the faculty, is to cut or lance the tender gums of the infant, in order, as they say, to facilitate the growth of the teeth, or make an outlet for them, as though the soft and spongy gums could offer any resistance to the sharp pointed ivory that rises almost imperceptibly through them. But this is like most of their practices. How far will they go in order to hoodwink and deceive the public.

Since writing the above we have seen many children who have cut their teeth, and all our previous statements have been confirmed. Mrs. K., of Halifax, exhibited a child two years old at a tea party at Bolton, that had cut its teeth without the slightest symptoms of indisposition or distress, any more than is produced by the hair or the finger nails growing longer. Mrs. U., of Leeds, who spoke at several public meetings, has also had two children, neither of whom were sick from teething, although her former children were all great sufferers. These are cases that have occurred since our views were first made public, therefore to prescribe medicine when we believe there is no disease would

be folly; all that is requisite is to watch over and guard your child's health, and there will be no need of assisting the teeth through.

CROUP.

All children, from sudden exposure to colds, &c. are more or less subject to this disease, which one author says "only appeared about half a century ago"; but we are of opinion that it only appeared in the *nosology* of the faculty about that time, for as Abernethy said "a large number of new remedies had been invented, but, thank God, they had *invented diseases* to suit them". That children have always been subject to the symptoms constituting what is called croup is certain, at least in our opinion. It is a disease of the wind-pipe, or the membrane covering it; from the cold suddenly operating on this, and other parts in connection, a secretion takes place, which coagulates, and covers the inner surface, thereby causing the whistling sound accompanying it. The oppression and suffering attendant on this disease is dreadful, and certainly any remedy that can hold out a hope of cure ought to be duly appreciated, especially when the faculty admit "that few practitioners witness a cure when this disease has violently seated itself upon the windpipe and tubes."—See *Modern Practice of Physic*, page 155. There is no disease so generally fatal under the practice of the faculty as this, which would also appear from their broad admissions, and perhaps none where more torturing and tormenting means are applied; yet we can say

with truth that there is not one form of disease to which infants are subject that we can subdue with greater ease; this, so directly in opposition to the results of the practice of the faculty, as exemplified in the above quotations, may appear incredible to some, but remember we shall give you the remedy, and since the first publication of our Guide to Health, we have received numerous accounts of our prescriptions for this disease having succeeded, and not one where it has failed, and we have never yet lost a patient.

At the commencement of the disease, give a strong tea of pennyroyal, or balm and sage, cayenne, or composition, and shortly after give a dessertspoonful of the acid tincture of lobelia, which repeat every half hour until the patient vomits freely. The first vomiting will in almost every case relieve the patient, but should the symptoms return, as they sometimes do during the night, repeat the dose, and remember to shield the child from cold, and keep up a continued perspiration, by giving freely of the above drinks. An injection will also be of great service in warming the bowels, consisting of composition tea and a teaspoonful of the tincture of lobelia. This treatment *has never failed.* Amongst many cases where we have been called after the faculty have failed in their endeavours, was one of whom the doctor had said "it could not live three hours," and was supposed to be dying; on giving the above medicines, in the course of ten minutes the child vomited up a cold jelly-like phlegm, as large as a moderate sized egg; this substance trembled at the touch, as jellies

generally do; half an hour had scarcely elapsed from the time of the child parting with it before it called for something to eat, and in a few days had perfectly recovered.

Always bear in mind the necessity of correcting the digestive organs, and of keeping up the perspiration, as above directed, for if you slacken in your attentions before the patient is quite free from the disease, you will be likely to have a relapse, which would probably produce more serious consequences than the first attack.

ERUPTIONS ON THE SKIN.

Children are often more or less liable to an eruption or breaking out, on various parts of the body, for which we have only to give a timely caution to our readers, to enable them to *prevent* the disease, which will be far better than to cure. The eruptions of children are chiefly owing to improper food, and neglect of cleanliness. If a child be stuffed at all hours with food that its stomach is not able to digest, such food not being properly assimilated, instead of nourishing the body, fills it with gross humours. These must either break out in form of eruptions upon the skin, or remain in the body, and occasion fevers and other internal disorders. That neglect of cleanliness is a very general cause of eruptive disorders must be obvious to every one. The children of the poor, and of all who despise cleanliness, are almost constantly found to swarm with vermin, and generally covered with the scab, itch, and other eruptions. One kind

of eruption known as the *red gum*, being a collection of small red fustules on the hands, arms, and sometimes extending over the whole body, has been attributed by some authors to the prevalence of an acid, but is nothing more than an effort of nature to throw off some offending matter. The surface of the skin of infants at birth is frequently covered with a thick tenacious curdy substance, which should be carefully removed by soap and warm water. Two days ago, (September 24th), being in an omnibus in Paris, a lady accompanied with her servant bearing a child about three years old, from its eruptive appearance, attracted our attention; we were informed by the mother it had not been properly washed at its birth, and in consequence had been covered with a kind of scorbutic eruption ever since. This child then, through the ignorance and neglect of its nurse, will most likely be ruined for life, unless it falls into the hands of some botanic practitioner, for mineral poisons will never cure it.

SCALD HEAD.

This unsightly and obstinate disease consists of a peculiar and acrimonious eruption of part of the scalp, which speedily extends over the whole surface of the head, and is attended with considerable irritation; it arises for the most part from a want of due cleanliness, from improper nursing, and an indulgence in crude, unwholesome, and indigestible aliment. The treatment consists chiefly in taking particular care that the general system shall not

suffer from the effects of over-feeding, or allowing the child to take *just a little drop* of beer or spirits. The bowels must be regulated by mild aperients, or an injection; as an external application let the head be well washed with a lotion made in the following manner: take lobelia herb, half an ounce, pure water, one pint; shake up the mixture, and apply as above. For an ointment, take fresh butter, two ounces, one teaspoonful of pulverized seeds of lobelia, and half an ounce of valerian powder; simmer them over a slow fire, stir up the whole until intimately mixed, let a little be spread thin upon linen, and cover over the sores; renew the dressing night and morning.

RINGWORM.

This is another form of cutaneous disease, which may affect any part of the body, and is easily known by the circular form which the pustules assume; it is most frequently found on the scalp, shoulders, or arms. It is stated by some authors to be contagious, but Dr. Bateman is of a contrary opinion, and considers that the prevalence of the disease amongst children in schools or families depends on the same common exciting cause alone. All that will be necessary to eradicate this form of eruption is a strict attention to the foregoing remarks respecting diet, and as an external application saturate a piece of linen in common tincture of myrrh, sprinkle a little bayberry powder on the top, and place it on the part affected; let it be renewed once every twenty-four hours.

HICCUPS.

Infants are frequently subject to this distressing affection, which arises from acidity in the stomach. One of the first and principal causes producing this complaint is stale food, frequently warmed over again. When it occurs in a violent manner, give from five to ten drops of the acid tincture of lobelia, in a little warm water sweetened, repeating the dose every half hour if required.

SORE EYES,

Or purulent inflammation of the eyes, as termed by the faculty, is a disease which many infants are subject to. Various causes have been assigned as giving rise to this affliction, such as the mother being affected with fluor albus or whites, gonorrhœa or clap at the time of birth, but in our opinion the great prevailing cause is too early exposure to cold and light. Fashion or custom renders it a matter of deep importance that officious friends should make their formal calls a few days after delivery, and on these occasions the *dear baby* is brought out of its warm cot to endure the scrutinizing gaze *in the full light of day* of the anxious visitors, by which means the eyes become weak, and finally inflammation sets in. If mothers and nurses would learn from nature how to treat their children, very many of the ills of life would then be happily avoided. Mark how she has provided for the inferior animals, many of which have a membrane or curtain spread before their eyes for several days

after birth, which gradually disappears; thus the dog and cat, for the purpose of avoiding the light, seek dark and obscure places, and their progeny never approach the light until the organs of vision are strong enough to bear it; children therefore should not be exposed to much light at first, and so particular are we on this point that we always direct the nurse not to let a candle or any other light meet its eyes whilst dressing, for several days after birth. Where the disorder exists through any of the above causes, you may make a lotion of raspberry leaves, and bayberry root bark, of each half an ounce, adding to it (if they can be obtained) a few of the buds of the balm of gilead tree, steep well in a pint of boiling water, when cool strain it, and wash the eyes, letting a small quantity run into them, three or four times a day, at the same time pay strict attention to the state of the bowels, that they are acted upon in a proper manner, if there is general derangement give an emetic of the acid tincture of lobelia, from a tea to a dessertspoonful at a dose, and also an injection of raspberry leaves and composition powder, by persevering in the above course, taking care not to expose the child to cold, &c., you may reasonably calculate upon effecting a speedy cure; but there are some, who finding the medicines do not immediately work miracles, abandon them in favour of some *cure-all*, some efficacious eye water, recommended by *a kind neighbour as never failing.*

CONVULSIONS.

When children first make their appearance into

this world, an entire and sudden change takes place in their constitution and circulation; for before birth all the *breathing* and circulation to the fœtus is conveyed and carried on through the medium of the mother, the child being only a passive recipient, but at birth this connexion is severed, the oval opening in the auricles of the heart, through which the blood had formerly passed, is for ever closed, the child's lungs are expanded, and, independent of every thing else, it breathes for itself; the heart beats, and the stomach, liver, arteries, and veins all act for themselves; and this complicated machine is now left to establish and carry on its own action; and when we take into consideration the great variety of parts that depend upon and must assist one another, at the same time, like the machinery of the watch, which must be in perfect harmony, in order to give true time; is it then to be wondered at that this little tender machine, which the slightest thing will derange, is so often out of tune? In fact we have sometimes wondered that it should ever arrive at perfection. Suppose any of our readers possessing a valuable watch, which perhaps had been presented by some dear friend, would she not take the greatest care of it, placing it out of the reach of harm? would she at any time either *beat* it, or otherwise misuse it? No. And is not the little machine we have been describing of infinitely greater value? From the many causes producing derangement of the systems of infants, which we have already enumerated, in this affection it will be necessary to use such medicines as will most speedily cleanse the stomach and

bowels of the child, and remove all general obstructions, unless arising from malformation, or other causes which cannot be removed. Dr. Hunter tells us that he attended at the birth of a fine full grown child, which soon after fell into convulsions, and died; on a post mortem examination he found that the pulmonic artery had no tube, or was not hollow, but solid, hence the blood could not pass from the lungs to the heart after it was oxydized, in order to support the animal economy. We were called to see a child in convulsions, about five months old, we made use of all the means in our power to remove them, but to no purpose, the child died. We obtained permission to make a post mortem examination, when we found a *needle* pierced quite through the stomach, near the pylorus, or lower opening. Mrs. B., the mother, informed us that she had lost a needle four or five days ago upon the carpet.

In the treatment of this disease, our endeavours must be exerted to remove the cause; for this purpose give the lobelia, in acid tincture, a dessert spoonful at a dose, or if the child is very young give a teaspoonful, and repeat the dose until vomiting supervenes, when the patient must drink freely pennyroyal or red raspberry leaf tea; administer an injection as before directed. This treatment seldom fails to cure.

WATER IN THE HEAD.

Although this form of disease is by no means so frequently met with as the faculty would have us

to believe, yet that it does sometimes exist is certain, and as it in most cases is confined to children we shall notice it here. An ancient author has enumerated the following causes, which we think so near the mark that we give them entire; he says—"Dropsy of the brain may proceed from injuries done to the brain itself by falls, blows, or the like; it may likewise proceed from an original laxity, or weakness of the brain, from scirrhous tumours, or excoriation on the skull; a thin watery state of the blood, a diminished secretion of the urine, a sudden check to perspiration, and lastly, from tedious and lingering diseases, which waste and consume the patient." The same author says; "*no medicine has hitherto been found sufficient to carry off a dropsy of the brain.*" If then we look over the causes, we shall at once see our way, and as far as medicine can do good to administer it with perseverance. If injuries of the brain by *blows* may cause it, we hope it will be a caution to mothers never to strike their child upon the head; if it proceeds from debility or a relaxed state of the system, that should at once be removed by cleansing the stomach and bowels with an emetic, repeating it every day or every other day as may be found requisite. As a medicine make the following:—take half an ounce each of poplar bark, clivers, horehound, and ground ivy, steep in a pint of water, strain, add four ounces of sugar and eight bitter almonds; of this decoction give from a teaspoonful to a tablespoonful, according to the case.

LOOSENESS

Is a disease frequently met with in infantile life, and arises from a vitiated state of the secretions, from overloading the stomach, or being crammed with hard indigestible food; it may also be produced by being taken out of a warm bed whilst in a state of perspiration into a cold room, merely to satisfy the idle curiosity of some visitor, and show *how like its eyes are to its papa's.* From the above causes the bowels are thrown into a deranged state, and the evacuations are ofttimes accompanied with griping pain, the stools being of a green colour, or slimy, and tinged with blood. On the appearance of looseness, make half a pint of strong raspberry leaf tea, sweeten it with lump sugar, grate half a teaspoonful of nutmeg into it, and give freely; this, by correcting the stomach, will generally relieve, but should that not be the case, give an injection made with half a teaspoonful of composition powder, a quarter of a teaspoonful of lobelia, to half a pint of warm water; give also an emetic, for a young child a teaspoonful of the acid tincture of lobelia will be sufficient for this purpose, and be sure to get the patient into a perspiration, as by accomplishing that point more disease will be driven out through the pores of the skin in one hour, with less injury to the system, than can be purged out in two days, as in all cases where purges are administered, weakness or prostration follows, the bowels are rendered torpid, and a prolapsed state of the lower intestine is frequently superinduced.

REMITTENT FEVER OF INFANTS.

This is a form of disease to which children from the age of six months to four or five years are liable, and principally arises from irritation produced by improper management, by unwholesome food, the being pent up in an impure atmosphere, or by exposure to cold, and checked perspiration. It is insidious and slow in its advance, the first symptom being irregularity in the bowels; after a time the child appears weary, dull, and stupid, which gradually going off, in the course of a few hours it becomes again lively and playful; should these appearances have escaped observation, in the course of two or three days, the above symptoms are succeeded by heat, thirst, sickness, and great pain above the eyebrows, which terminates with a profuse sweat, to the great relief of the sufferer. After this remission the fever returns which is known by the aggravation of all the foregoing symptoms. The treatment for this description of fever must be precisely the same as in any other fever, viz. the exhibition of an emetic, repeated if necessary, together with injections and the vapour bath. Cooperate with nature as much as possible, and when on the decline of a paroxysm the perspiration is manifested, assist in promoting it as much as possible.

FALLING OF THE FUNDAMENT.

This is a falling down of the lower bowel, and is occasioned by severe looseness, either arising from

a vitiated state of the intestines, or the abuse of strong purging medicines. In order to return it, place the child across your knee, put a little lard upon the finger, and gently press upon the upper part of the gut, which will generally have the desired effect. Should it be of frequent occurrence make a decoction of bayberry, and keep a pledget of linen dipped into it continually applied to the seat.

WEANING

Is that period when the child should be withdrawn from the breast of the mother, which should not be earlier than nine or ten months, in fact nature has distinctly marked the period when this should be brought about, viz., when the teeth are cut, thereby showing that the child stands in need of more substantial food. Should the child be sickly, delicate, and suffering at the time of teething, weaning should be delayed. When weaning is determined on, it should be brought about gradually, this will prevent much uneasiness to both mother and child, which should be accustomed to take a sufficient quantity of nourishment independent of the breast, for several days previous.

WEANING BRASH.

This disease arises in children from being taken from the breast too early, or brought up by hand, the food being of an improper nature. It begins with severe purgings of a green colour, and

sickness, the belly becomes hard and swollen; the urine passes in small quantities, but from its acrid nature excoriates the neighbouring parts. The child wastes away, and convulsions set in, which speedily destroys the sufferer. Our treatment must consist in a return to the natural food—the breast, but when this is impracticable, let the child have some good milk, diluted with water in which rice has been boiled, or take one part of sweet cream, and two parts of warm water moderately sweetened with lump sugar; change this occasionally with some weak mutton or chicken broth. Let the child breathe a pure air and enjoy exercise, keep it clean by frequent washing in tepid water, employ friction with the hand over the body, and do not neglect to attend to the state of the child's bowels. For the treatment of this complaint see article looseness.

RICKETS.

Children of a lax and delicate constitution are most subject to this disease, which generally makes its appearance at the age of six months to two or three years. It arises principally from bad nursing, over feeding or its opposite, want of diet, cleanliness, air, and exercise; it is likewise produced by depletive measures used in the treatment of measles, scarlet fever, whooping cough, &c., by disease in the parents, scrofula, venereal, and consumption. The characteristics of this disease are unnatural enlargement of the head, belly, and joints, whilst the other parts of the body are much emaciated;

the spine on being examined is found to be slightly incurvated. This disease is slow in developing itself, and the results very doubtful, as when fairly established, a cure is seldom if ever performed.

WORMS,

WHICH in the catalogue of the learned are put down a disease, and who in this as in many other cases state the effect rather than the cause, is an affection very frequently met with in children. A medical writer observes there must be something in the nursing, for children of the same family, nursed by different women, will some have worms, and some not; and states the cause, like Dr. Thomas, to be a deranged system. There are three kinds of worms said to infest the human body, namely, the ASCARIDES, or small white worm. the TERES, or round worm, and the TÆNIA, or tape worm. On this subject also we dissent from the opinions and practices of the schools, for we do not believe that worms are the primary cause of disease, nor do we know a subject on which so much ignorance has been manifested by the faculty as this. Hundreds of medicines have been invented, and are daily administered, under the name of vermifuges, or *worm medicines*, to the use of which may be traced the death of thousands, who have perished whilst labouring under the worm delusion, That worms exist in the human system we admit, particularly in children; but we always like to probe every difficulty to the bottom; and as there must be a cause for every effect, and as the cause of

worms cannot be better explained than in the language of DR. THOMAS, we shall give his opinion in his own words. He says, "that unwholesome food and a BAD DIGESTION seem to be the principal CAUSE OF WORMS; they appear most frequently in those of a relaxed habit, and whose bowels contain a preternatural quantity of MUCUS, or SLIMY MATTER; hence it is a disease most common to children."

Now, readers, you are in possession of the whole secret. Worms are caused by indigestion and unwholesome food; then the best way to get rid of them will be to cleanse the system, and restore a healthy digestion. For years we have laboured from the platform, to impress this fact on the public mind. We have again and again stated, that the only rational way of removing worms from the human system, is by producing a healthy digestion, or in other words, destroying the cause, that the effect may cease altogether.

The symptoms generally pointed out as indicative of worms, are picking of the nose, grinding the teeth during sleep, foul breath, griping pains in the bowels, &c.; all of which accompany a deranged state of the digestive organs, and these evils are generally increased by the administration of what are called WORM MEDICINES. We are of opinion, that when such medicines are given to children in perfect health, a general derangement of the system must soon follow; to improve digestion, and destroy the cause, make a medicine in the following manner:—

Take a piece of gum myrrh, about the size of a nutmeg, and let it dissolve in half a pint of hot

water, to which a quarter of a teaspoonful of cayenne may be added; steep half a pound of good raisins in this for two or three days, then let the child take three or four of the raisins every morning fasting. Let this medicine be followed up with another made of wormwood, bogbean, raspberry leaves, oak bark, and ginger root, half an ounce of each article; steep the whole in one pint of water, boil it a few minutes, then strain it, and add one ounce of the best spanish juice; give from a tablespoonful to half a wineglassful of this three or four times a day. If the bowels are not relaxed, add half an ounce of senna, or rhubarb, (which in some cases is preferable to the former), to the above mixture. Let the food of the patient be light and of easy digestion, and the worms will not only disappear, but the health of the sufferer will be speedily restored.

MEASLES.

This disease is an infectious inflammatory fever, attended by cough and sneezing, discharging thin humours from the eyes and nose, with a determination of acrid matter to the surface of the body, covering it with red spots, which finally disappear in a fine mealy dust on the surface of the skin. Like the small pox, the measles are dreaded, in consequence of the derangement left in the system, such as scrofula, dropsy, &c.; but we believe these maladies are produced, or considerably augmented, by the application of improper remedies, such as cold deadly poisonous drugs; these evils are heightened when professed learned doctors take the

symptoms of one disease for that of another. The admission of Dr. Thomas, who says that "scarlatina sometimes resembles the measles so exactly as not to be easily distinguishable," speaks volumes against the practice pursued by the faculty. We have had much experience in these matters, and can confidently assert that we never lost a patient in the measles. Our invariable practice is to give *cooling* medicines, or such as have a tendency to keep the surface cool, which can never be accomplished unless pure stimulants only are used, for this disease being a high state of canker, it follows that the vessels are coated, and the circulation of necessity obstructed; a fact which should always be borne in mind. Such medicines as are good for canker should at once be administered, and the perspiration kept to the surface; if these things are promptly attended to, the violence of the disorder will be generally overcome. For children, prepare a medicine in the following manner:—

Take of pennyroyal a handful, red raspberry leaves a handful, ground ivy a handful, clivers a handful, ginger root half an ounce, and should the bowels require it, a quarter of an ounce of senna; steep the whole in one quart of water, strain, and sweeten with sugar; give for a dose, from a tablespoonful to half a wineglassful, as the case may require.

SCARLET FEVER.

We have oftentimes mourned over the ruin that this terrible destroyer has created in the circles where youth and loveliness are generally found.

Like Egypt's destroying angel, it has not only smitten the first-born, but at times its blighting hand has fallen on every youthful member of the family. How many parents have had their earthly hope snatched from their embraces, when the skill of the faculty had been exerted in vain to save them? In the year 1840, about six hundred of these little helpless innocents perished of this disease in the town of Hull alone; some families were at that time bereft of all their offspring: one lost seven, another five, and many two or three; so that to point out a safe and simple remedy, one that can be placed within the reach of every mother, will doubtless be deemed a great and valuable boon. Mothers whose hearts are centred in their offspring, will, we are sure, be grateful; nor will the fathers be indifferent, for what language can express a father's love for his child?

When this disease was raging so violently in Hull, we lost only one patient, and that one had so far recovered as to be able to go about, but by incautiously sitting on the door step, took cold, which terminated fatally. This disease is divided by the classical into three kinds: when free from ulceration of the throat, it is called scarlatina simplex; when attended with ulcers, it is called scarlatina anginosa; and when it assumes a malignant putrid form, is called maligna. Let not the reader suppose that we have given the above names in the hope of adding to his wisdom, no such thing; for as has been shown you in the article on measles, the very men who arrange and class the diseases are at times so ignorant as to mistake one disease

for another. Our only reason for quoting the above names, is that we may convince our readers of the folly of all such arrangements, for all the symptoms or forms of this disease are, like the pangs of the toothache, differing only in degree or quality; the paroxysms of the toothache at times all but disappear, and after a time return with redoubled fury; yet we should certainly doubt the wisdom of the doctor, or dentist, who would venture to tell us that they could neither prescribe for, nor extract the tooth, without first knowing the exact amount of pain the patient had been enduring. Scarlatina, like the measles, is a high state of putridity, and is most malignant in what are called open, or unhealthy seasons, prevailing most in autumn, and the moist or warm part of winter. Like the measles, it attacks indiscriminately all ages; but children and young persons are more liable to take it than others. Although the faculty regard this disease with so much dread, yet by using proper remedies, its violence can be abated without much difficulty, even in the worst of its stages. In the year 1828, we were called in haste to see a child said to be dying, and on arrival found that the rash or redness that generally attends this disease had struck in, by the child's having been incautiously exposed to the cold, which threw the little sufferer into convulsions. Her jaws were firmly fixed, and the entire surface of her body was of a purple hue, with every appearance of speedy dissolution. We administered lobelia tincture, which is made in the following manner: take of the pulverised herb a teaspoonful, and half a teaspoonful

of valerian root, mix both in two ounces of good vinegar; to a child four years of age, a dessert-spoonful may be given; the dose to be reduced when given to a younger child. In this case we placed the child on its back, and poured the tincture into its mouth; in thirty minutes from which time it was perfectly sensible, and the next day so far recovered as to be able to sit up and eat, though many had died that year under similar circumstances.

When prescribing for young children in this disease, we use freely red raspberry leaves and pennyroyal. Lobelia we have always found an excellent specific; and when the above-stated quantity has been given as a dose it should be repeated until the patient vomits freely. In the meantime, the child must be kept warm, and a hot brick applied to its feet, wrapped in a cloth wet with vinegar. After the emetic has taken effect, sponge the entire surface of the body with vinegar; and when the fever has abated, give freely of the bitter compounds, as also of the diuretics, to cleanse the system, and expel from the body such gross humours as might terminate in dropsy or consumption, if not attended to.

HOOPING COUGH.

A CONVULSIVE cough, interrupted by loud inspirations, or a catching of the breath. This disease, like every other, originates in a derangement of the system, or some particular organ, but, like the small pox and measles, it never troubles us a

second time. This fact cannot be accounted for, but it is nevertheless true. It is accompanied by a morbid irritation of the stomach, together with a thick phlegm, which lodges in the tubes and air vessels connected with the stomach and lungs, from whence originates the difficult respiration, when nature makes an exertion to remove it by coughing.

Its first appearance is marked by an oppressed and difficult breathing, accompanied with thirst. These symptoms are followed by hoarseness, cough, and difficult expectoration, which generally continue for twelve or fourteen days, when the disease puts on its peculiar form of whistling or whooping, with every respiration. Though not a fatal, it may justly be called a very distressing disease, and is often attended with bad consequences, if not properly attended to. With young children it sometimes has a fatal termination; and should the patient take cold when its symptoms have recently disappeared, it returns with all its former violence. Of the many diseases we have grappled with, there are none less to be feared than this, for remedies can be administered that will readily abate its worst symptoms. The faculty would have you believe that it must run on for six weeks until it reaches the crisis: but we have often cured the patient effectually in half of that time. We cannot omit to state here that the doctors, in prescribing for this disease, frequently give such medicines as leave the patient labouring under either asthma, pulmonary consumption, or an impaired and deranged digestion, any of which are more difficult to remove, and more to be feared, than the origi-

nal disease. The remedies that may be used are the following :—take vervain, wake robin, or wild turnip, red raspberry leaves, poplar bark, and valerian root, half an ounce of each ; steep them in a pint of hot water, strain, and add one tablespoonful of honey, and two tablespoonfuls of the acid tincture of lobelia ; for a dose give a tablespoonful each day, and from a tea to a tablespoonful every two hours while the symptoms are violent. Give enough of lobelia to produce vomiting, and follow it up with astringent medicines. Also give cayenne at intervals, as follows :—for young children, steep half a teaspoonful of cayenne, and half an ounce of cloves, in four ounces of boiling water, to which add half an ounce of the best spanish juice, and one ounce of treacle ; give a teaspoonful of this every three hours, or when the fit comes on, taking care that the patient does not take cold. Use sufficient medicine to open the bowels, but not to purge violently ; at the same time keep the patient in a perspiration. This, if rightly applied, will effect a cure in a short time ; but the patient must not be exposed to the changes of the weather whilst taking the medicine.

Some years ago a paragraph appeared in the London Journal of Health, stating " that lobelia inflata was a safe and certain cure for the whooping cough," and that it would cure it in a few days ; yet the disease is at this present time as formidable as ever. Do the doctors attend to the advice above given ? Not they ; if we look at the mode of treatment pursued at this very time, we shall find it entirely at variance with the animal

economy, and the principle of life; and let fathers and mothers think on the fearful destruction of human life, which results therefrom.

SMALL POX.

This disease is one of the most desolating scourges that has ever visited the family of man. For ages its ravages were unchecked, since medicine failed to counteract its influence, and the skill of mankind was exerted against it in vain. It has been said to exist in China, and Hindostan, from the remotest antiquity, whence it made its way into Africa. Sometime about the eighth century, it presented itself in Europe; in the tenth, it reached England, where its ravages produced the most terrible effects; and lastly it was carried by the Spaniards to Hispaniola, in the sixteenth century. It soon made its appearance in Mexico, and speedily diffused itself over that vast hemisphere.

The small pox is classed under two heads, viz., the distinct, and the confluent; in the former the eruptions are separate, or apart from each other; in the latter they amalgamate, or mingle together; the confluent is therefore considered the most dangerous, as it generally proves most severe. The symptoms usually preceding this disease, are redness of the eyes, soreness in the throat, pains in the head, back, and loins, alternate chills and burnings, weariness, and faintings, with excessive thirst, nausea, inclination to vomit, and quick pulse. Upon its first appearance, we would recommend a mild treatment, such as not to confine

the patient in too warm a room, let the temperature range at about sixty degrees ; administer mild stimulants, such as pennyroyal, and ginger root, made into a tea. When the pustules have filled, and the disorder reached its height, then administer an emetic of lobelia, with cayenne pepper, accompanied with a strong decoction made of tonic and astringent herbs, and cayenne, or ginger root. During the first days of its appearance, vervain, made into tea, may be used freely.

Sometime in the spring of 1840, when residing in the town of Hull, we were called to attend a case, the particulars of which may interest our readers. The patient, a married woman, was seized with the symptoms as before described ; for several days she was very ill, nor could we tell what form of disease she was labouring under, more than a fever. We administered stimulants and astringents, but not succeeding according to our wish, we took a large handful of vervain, and another of pennyroyal, and made therewith a quart of strong tea, of which she took half a wineglassful every hour. A hot brick was applied to her feet, wrapped in a cloth wet with vinegar ; in three hours perspiration began to appear, and with it the small pox. Previous to which it was the universal opinion that she could not survive twelve hours, but in one week from that time she was convalescent. Before leaving the town of Hull we published a work on the Natural Pathology of Disease, in which was given a certificate of the above fact, signed by her husband, bearing date, June 3, 1840.

It is proper here to state, that cleanliness in all

things is indispensible in this, and in fact in every other form of disease.

INOCULATION.

Experience has fully proved that the violence of the symptoms are lessened in a great degree, by applying the variolus matter to a scratch or wound; why this occurs, or why the human system is thus fortified against future attacks, has never yet been fully explained. Much opposition was raised against inoculation upon its first introduction, but it having been clearly shown that nineteen died out of every hundred that took the disease in the natural way; while only one died in every six hundred that took it artificially, or by inoculation, its advantages soon enabled it to triumph over opposition. However, with most of the faculty, we would recommend the kine, or cow pox.

COW, OR KINE POX.

The discovery of this disease, like many others, was accidental, and may be justly termed one of the greatest blessings. It was found to exist on the udder of the cow, in the form of pustules, or little sores, from which it communicated itself to the hands of the milk-maid, producing on them a similar effect, but in a milder form. Its appearance on the skin, the mark left, and all the connecting circumstances, came under the observation of Dr. Jenner, who, after many experiments, founded on the above accident, succeeded in bring-

ing it fairly before the public. He, like all who have dared to act independent of the opinions of others, met with the most formidable opposition from the faculty; but his perseverance enabled him to overcome the reasonings of his powerful opponents, who were compelled not only to adopt his theory, but finally to assist him in carrying it out.

That great destroyer, the small pox, had no longer a course to run, as had generally been believed, for whenever the new discovery was applied, it finally stayed the disease. The whole family of man has much reason to be grateful for such a valuable discovery; but the greatest benefits are generally followed by an amount of evil, for it has often happened that the virus which has been used, has been taken from the arm of some subject whose system has been previously tainted, or poisoned with scrofula, scurvy, erysipelas, or, what is equally bad, deleterious drugs; so that that which was intended to be a blessing, has, in many instances, proved a bane; and many that have come under our own observation, have thus been hurried to untimely graves, or had their constitutions impaired for the rest of their days. I would therefore caution the public against the use of the VACCINE VIRUS, unless they can be certain from what source it comes. To avoid all danger, I would recommend it to be taken from the udder of the cow, where it appears on the teats, in the form of *vesicles*, or tumours, of a bluish colour, approaching to livid; these vesicles are elevated at the margin, and depressed in the centre; they are

surrounded by inflammation, and contain a limpid or watery fluid, which is not to be obtained at all times, but generally to be found when quantities of cattle are kept together. All the pustules or sores are not to be relied on for communicating the disease.

The first thing to be done is to obtain some of this fluid from the vesicles of the udder, then puncture the skin slightly on the arm with a crow quill, sharpened fine like the nib of a pen or tooth pick; dip it into the fluid, and insert it under the skin where you have previously made the puncture. The fluid, to be good, should be perfectly transparent, and if from the arm of another, it should not be taken after the eighth day. To preserve the matter, let it dry gradually, then put it into a dry bottle, well corked at the mouth. During the first eight days the patient should be shielded from cold. A medicine made in the following manner will be good:—take of vervain, agrimony, and ground ivy, one handful each; steep them in a quart of water; add a little rhubarb root, or senna, if the bowels require it; half a wineglassful of this may be given as a dose; for an adult, a little ginger root may be added.

CHICKEN POX,

A DISEASE to which children are subject, though never considered dangerous. It would scarcely be necessary to mention it at all, were it not sometimes taken for the small pox, from which the most disastrous consequences have at times resulted. A

close observer can never be deceived in the appearance of the two, since one is accompanied by fever, and the other is not; yet it is notorious that the learned and scientific, as they are called, have not only endangered human life, by mistaking this and other diseases, but many of them have perpetuated their errors by attempting to defend their ignorance. However, we deem it our duty to expose their errors on the one hand, and reform their abuses on the other. Hear what Dr. Thomas says respecting varicella :—

"We have great reason to suppose that the chicken pox has not only been taken for the small pox, but that its matter has been used for that of small pox, in inoculation, to which may be ascribed many of the supposed cases of the small pox having appeared a second time in the same person."

The treatment of this disease is to keep the patient warm for a few days, taking care at the same time to keep the bowels gently open.

RUPTURE.

Infants are sometimes liable to rupture at the navel and groin, which may arise from debility and laxity of the fibre, but most commonly is produced by the negligence of the nurse, who leaving it to cry and scream for hours together, is thereby ruptured.

When rupture occurs at the navel, it may be reduced in the following manner :—take a piece of wetted millboard, wrap it in linen, and apply to the navel, keeping it in its place by means of two

or three strips of sticking plaster, then pass a thin roller round the body; keep this applied for a month or two, and it will generally be all that is required.

In rupture of the groin, immediate steps must be taken to return the gut, and retain it in its position by means of a compress or cushion, made wet in a strong decoction of oak bark, and kept to the part by proper bandages. Great care must be taken on the child's going to stool that it be not allowed to sit any length of time, or strain itself. Let no opening medicine be administered, under any circumstances; should costiveness prevail, give an injection in the usual manner, and repeat every three or four hours, until an evacuation is obtained. The use of a truss will be found necessary in many cases, but should not be applied to infants under three years of age.

We have now given the diseases of both women and children, in our usual plain and laconic style, and hope to give our readers, in the third portion of the book, a clear and comprehensive knowledge of the nature and action of the remedies prescribed, which we trust will make the work complete in itself.

PART III.

DESCRIPTION OF THE HERBS PRESCRIBED IN THE FOREGOING PAGES.

PURE STIMULANTS.

LOBELIA.

As this herb is very little known in this country, and as the faculty use it with extreme caution, for by them it is considered to be a strong poison, we shall therefore be particular in its description, both as regards its appearance and its medicinal properties.

The North American Indians have long been acquainted with its properties; but the public, and we may say the faculty, are indebted for its first introduction to general use to the great American naturalist, Samuel Thomson, whose theory of disease and its cure, under the name of the "*Thomsonian System*," has gained the approving confidence of vast numbers in the United States of America. Lobelia is a biennial herb, or of two years' growth; in height it grows from twelve to eighteen inches; it has a fibrous root, with a very

hairy, solitary, erect, and angular stem; it bears a small blue pointed blossom. This plant possesses one property unlike every other, as far as we are acquainted, for the same quantity of the herb produces the same effect, irrespective of its age, or the period of its growth; the young plant powdered and taken will have the same effect as the leaves at maturity.

We obtain large quantities of the seed and herb from America; and have used it for many years, giving it with success in almost every form of disease, from the tender infant to the aged when bending under the weight of years, and can with confidence pronounce it to be one of the most powerful stimulants ever introduced into the human system. It acts specifically on the liver, stomach, and lungs, including the intestines; for female complaints it stands without an equal. In three cases of labour, which were deemed hopeless, we administered this herb with the most signal success; although the doctors who had previously attended them had declared that the use of instruments was inevitable; yet, by the aid of lobelia, we were enabled to save not only the mothers, but the children, and that too with very little pain or difficulty. In extreme cases of fever, particularly typhus, lobelia is a most powerful agent, conjoined with other stimulants. We have used it in the worst stages of consumption; when united with cayenne, vervain, the vapour bath, and tonic medicines, it seldom fails to effect a cure.

Hooper, in his Medical Dictionary, page 851, thus speaks of lobelia:—"This plant, which grows

in the United States of America, is a narcotic poison, the operation of which is very similar to tobacco. It has been found very useful in some cases of asthma, and has been successfully employed in other diseases of the air passages." At page 203, Medical Dictionary, under the head Asthma, he thus writes:—"Within the last few years a new asthmatic remedy has sprung up in 'LOBELIA INFLATA;' in some cases it has afforded almost immediate relief, but it fails much more frequently than it succeeds; it is in the form of a saturated tincture of the leaves, in doses of from one half drachm to two drachms." Not only is Hooper at fault in the above description, but the faculty who believe in his orthodox infallibility, are equally mistaken respecting the virtues of lobelia. In the first place IT IS NOT A POISON, for poisons invariably debilitate and prostrate the system, which is not the case with lobelia. We have not only administered it in large doses, but have frequently taken it ourself, and, after more than twenty years' successful use of it, have never found it to produce any debilitating or other injurious effects on the system; and instead of administering "two drachms of the saturated tincture," as mentioned by Hooper, we have given the powdered herb in half ounce doses, one dose each day for twenty-eight days in succession. This we did in a desperate case of consumption, and the patient not only recovered but he is now living to testify to the truth of what we have stated. Prepared according to Hooper's direction it may have different effects, for its virtues

are partially killed when made into a tincture, by its immersion in *alcohol.*

A lobelia tincture, when made with alcohol, must, from the nature of the spirit, have an injurious effect on the glands and vessels of the throat, which, in cases of asthma, will increase the difficulty of respiration; but when the tincture is made of good vinegar, not only will the expectorant qualities of the lobelia manifest themselves, but the acidulous quality of the vinegar will assist the same. For children, when attacked with croup or stuffed chest, the tincture, made with vinegar, is the best medicine that can be applied, by giving it in connection with some of the strong stimulants.

Lobelia, as a medicine, possesses many excellent properties; one of which is, *that it never operates upon those who are in perfect health,* it combats only with disease. When administering it care should be taken to give enough, so as to cause it to operate; more than this will do no harm. A teaspoonful of the powdered leaves, or pods, or seeds, which are better still, may be given every half hour in a cup of vervain tea, or pennyroyal, and repeated until it operates as an emetic—never mind Hooper, but give enough. Cayenne tea, or some other stimulant, may then be freely given, so as to induce and keep up a strong perspiration; or a vapour bath would be very useful. For children the acid tincture of lobelia is better than the powder; to which add a tea of pennyroyal, instead of cayenne pepper. When the emetic has fairly done its work, the patient may take such food as the appetite most desires.

CAYENNE PEPPER.

Of this plant there are many kinds. It is indigenous to the warmer climates, to wit, Asia, Africa, and America, and is cultivated in many parts of the world; the kinds bearing the larger berries flourish more in the northern regions, and are much used for domestic purposes, such as pickling, when in the green state. Much has been said and written upon the properties of cayenne pepper, but even the learned of the medical profession have failed in investigating its qualities, or they have purposely withheld a knowledge of its real properties from the world. Almost all the stimulants of the schools are narcotic, in a greater or less degree; hence it has been erroneously inferred that all stimulants must necessarily be so; but this hypothesis is being fast exploded. In our Botanic Guide to Health, as well as from the platform we have so frequently described its properties, that the public have now for a long time been testing its virtues by experience. Practice has proved it to be a PURE STIMULANT, one that may be safely administered and efficaciously applied under every disease, whenever anything in the form of a stimulant is required by the system. In fact, no other medicine can as easily restore and retain the vital heat of the body. It also excites and promotes profuse perspiration, and in all cases acts in perfect harmony with the animal economy. It imparts a pungent heat to the throat and mouth, but this may be considered as indicative of its good qualities, for it is thus made to act powerfully on the salivary glands without

injuring them, and preserves a good tone to the digestive organs. The warmth that it imparts to the stomach causes an equal distribution of the fluids, without which health cannot possibly be retained in the animal economy. As a pure stimulant it is the best that nature has provided for our use. When taken into the stomach it retains its heat longer than any other stimulant; at times it imparts a powerful sense of heat to the bowels, occasioned by the sudden expansion of the parts which had previously been cramped and contracted with pain. The active stimulus of the pepper thus operating upon the parts affected, produces a speedy reaction in the system, removing the obstructions by natural evacuations and profuse perspiration. Nature has furnished us with this valuable stimulant, but much of its virtue is impaired by the adulterations to which it is subjected by those who deal in the article; we have discovered many poisonous substances in the pepper sold at the shops, such as "RED OXIDE OF LEAD," oxide of iron, &c., with "coloured oatmeal," and many other things. We need not say how much the cure depends upon the purity of the article. In order that the public may obtain it free from adulteration, we purchase it in the pod, and grind it when required for use. This practice has enabled us to effect many cures with a much less quantity of pepper than we should else have required.

Hooper, in his Medical Dictionary, page 327, thus describes the qualities of the *capsicum*, or cayenne pepper:—"Taken as a condiment it prevents flatulence from vegetable food, and increases the digestive power of weak stomachs. In the

practice of medicine it is a POWERFUL and USEFUL stimulant, and is very advantageously given in chronic gout, paralysis, fevers, and other cases; in the COMA and delirium attendant on tropical fevers, CATAPLASMS OF CAPSICUM are said to have a speedy and happy effect. A weak infusion of *capsicum* has been found a useful application to scrofulous and other languid ulcerations, and the diluted juice is esteemed of great efficacy in chronic ophthalmia; a gargle of it is commonly used to cure malignant sore throats. *Capsicum* may be given in the form of pills, or it may be administered in any proper vehicle in any other way."

GINGER.

A WELL known root; its properties are stimulant, but not so strong as cayenne pepper. It is indigenous to Hindostan, and is cultivated in most parts of the East, also of late in the West Indies, having been introduced there from the East. The best is called Jamaica ginger. We have seen it growing abundantly during our residence in the south of America, and used it much as a remedy in the removal of disease. The young and tender root is generally used as a preserve, when deprived of its outer covering or bark, and boiled in sugar. As a medicine it is a pleasant stimulant, and may be given to expel pain from the stomach and bowels, and it also corrects a derangement of the digestive organs. When chewed it produces a flow of saliva, and is excellent for a paralysis of the tongue, or any of the minute organs connected

with the throat. We have found it very useful by chewing a little of it before leaving the platform, after having over-exerted ourself by lecturing to a large audience, in a heated room. In pulmonary complaints, or disease of the lungs, this medicine may be used with great effect; to such as are subject to bleeding at the lungs this root may be specially recommended; by chewing a piece of it, keeping it constantly in the mouth, and swallowing the saliva from time to time, much relief will be obtained; the throat and stomach will likewise be excited and protected from cold.

Ginger may be used as a substitute for cayenne pepper, when the latter cannot be conveniently obtained; being a milder stimulant than pepper, it may be given to children with great advantage.

NUTMEG.

This tree also is a native of the East Indies; it is slightly stimulant and stomachic; is good in all cases of bowel complaint or dysentery, either the nutmeg or the mace (which is the inner bark of the nutmeg). When boiled in milk it is useful for patients of weak digestion.

CLOVES.

The clove tree is a native of the East Indies and Molucca Islands; the clove, caryophylus aromaticus, which is the outer or lower part of the flower, has a strong agreeable smell, and a bitterish hot taste. Cloves are the most powerful of all the

aromatics; they are an excellent corrector of the stomach, from their not only possessing stimulant properties, but being very agreeable also. They are very useful in female complaints.

CINNAMON.

The bark of this tree is one of the most grateful of the aromatics; it is slightly pungent, and is possessed of considerable restorative power; it may be used in the diet of the sick. It relieves vomiting and sickness of the stomach, and is good for looseness of the bowels, either alone or mixed with other articles.

PENNYROYAL.

This is a valuable herb; its diaphoretic or sweating properties are well known to the mothers of this country. In making use of the vapour bath we generally accompany it with a tea made of this herb; in fever cases, especially those to which children are subject, it is invaluable. It is also good for the removal of difficulties in women, such as obstruction of the menses, &c. It is likewise useful in hysterical complaints, and hooping cough.

It may here be remarked, that in making up a decoction of this, or any other aromatic herb, the vessel in which they are steeped should always be covered close, for as the essential oil is rendered volatile by heat, that which is most requisite in the cure will escape; this must be guarded against, and as far as possible prevented.

YARROW.

THERE is not a common plant in this country that can be applied more beneficially in the early stages of disease. It is found in abundance in old fields, by the wayside, and along the hedge rows; it is perennial, growing continually from the same root; the stem rises from twelve to eighteen inches, bearing at the top a large expanded white flower; towards autumn the flower sometimes assumes a purple hue. It is called by many of the country people *nose-bleed, milfoil,* and *thousand leaf.* Its virtues, as a medicine, cannot be better illustrated than by the following anecdote:—An itinerant speaker, of the Society of Friends, who professed some knowledge of medicine, was asked what would cure a cold; he answered, "take a pint of yarrow tea made strong, on going to bed, and put a hot brick to thy feet, wrapped in a cloth wet with vinegar, and thou wilt surely be well in the morning." This, to the inquirer, seemed very rational, for he knew from experience, that sweating was good for a cold. He next asked the old gentleman what he would recommend for rheumatism; the answer was, "take a pint of yarrow tea made hot, on going to bed, with a hot brick to thy feet as before, and thou wilt soon be well." Being asked what would expel worms from children, he answered as before, "give them a strong tea of yarrow, and put a warm brick to the feet, and they will be cured speedily." The inquirer fairly taxed the old gentleman's patience, by asking him for remedies for all the diseases that he could call to mind,

the answer invariably being, "a strong tea of yarrow, with a hot brick, wrapped in a cloth wet with vinegar, applied to the feet, and health would soon be restored." Chimerical as the old Friend's advice may appear to many, we have since proved the correctness of most of his sayings. Besides possessing the power to equalize the circulation, by inducing a perspiration to the surface, it is mildly tonic, and acts with some power upon the kidneys, by promoting a free discharge of urine. In fever cases yarrow tea may be drunk freely; it is also good for cholic, cramps, and pain in the bowels.

VERVAIN.

THERE are numerous kinds of this herb; in the Encyclopædia no less than twenty-one are enumerated. The one used in our practice bears a blue blossom, is perennial, or of continual growth; is much cultivated in gardens, but grows wild in many places; it rises from eighteen to twenty inches in height, with many branches, its leaves resembling those of the nettle; it flowers on the top. As an emetic it ranks next to lobelia; it is also one of the strongest sweating medicines in nature. It is good for colds, coughs, and pain in the head. It ranks high as an anti-scorbutic; will relieve and cure those complaints in children which generally accompany teething; it likewise destroys worms. Administered as a tea it powerfully assists the pains of labour; as a diuretic, it increases the urinal discharge. For an emetic, we generally

make a strong decoction of the dried herb, of which we give a teacupful every half hour, until it operates, taking great care to keep the patient warm in bed, with a hot brick to the feet, using freely of cayenne or ginger tea, taken as hot as convenient during its operation. A tea of this herb is excellent in all cases of fever, either for children or adults. It is also good for the small pox, under which head it is prescribed, and if perseveringly administered, in conjunction with yarrow and cayenne pepper, will seldom fail in producing a *crisis*, or in other words a determination to the surface, and by consequence a cessation of the febrile symptoms.

CAMOMILE.

It is strengthening to the stomach, and diuretic; a tea made of this herb has long been known in this country, as useful to restore a tone to the stomach; it removes female obstructions, promoting menstruation. We have long used it as an external remedy, it having a powerful effect on the external surface, or cuticle. Yet we would not neglect the all-important theory, that disease has to be expelled internally; do not for an instant permit the idea, that rubbing or bathing with camomile tea will of itself remove internal disease, as has been frequently asserted by unskilful men, whose stock of knowledge is limited to a few solitary ideas, and who are generally ignorant of the pathology of disease, the action of remedies, and the valuable information contained in the book of nature.

ASTRINGENTS.

RED RASPBERRY.

This plant, in consequence of the agreeableness of its fruit, is universally known, but its medicinal properties, although invaluable, are not recognised in the *materia medica* of the schools. From experience we can speak of its excellencies. It is of a mild nature, and, when sweetened with white or lump sugar, may be given to children with the greatest benefit, especially when attacked with the bowel complaint, to which they are often subject in the warmer seasons. A strong tea made of the leaves, well sweetened, is almost a certain specific; to assist its operations a little ginger root or pennyroyal may be added. The raspberry leaf, when made into tea, acts with surprising effect upon the uterus or womb. In all cases of obstruction of the menses, or monthly terms, in young females, we recommend the use of this tea, mixed with a small quantity of cayenne pepper. In labour cases we have ever found raspberry leaves our best assistant; a strong tea, mixed with a little cayenne, will, if the pains are premature, remove them; if otherwise, it promotes and facilitates the progress of labour in the natural way.

AGRIMONY.

This herb is also well known; it is perennial, or

grows continuously from the same root. It is found wild, and is also much cultivated in gardens. It is a valuable herb, possessing astringent or binding properties, as well as diuretic. It may be freely given to children who are afflicted with the measles, scarlet fever, chickenpox, &c.; or for looseness of the bowels, when it may be given with the raspberry leaves, and sweetened with white or lump sugar. We have used agrimony tea as an enema, or injection for the bowels with good effect.

GROUND IVY.

This herb is well known, and much used; it is astringent, diuretic, and slightly tonic. It acts upon the kidneys; in scorbutic diseases, from its diuretic properties, we have found it very useful, as also in cases of indigestion. In steeping (like pennyroyal), it should be covered close, and can be best administered in the form of tea. Combined with camomile, or green yarrow, it makes one of the best poultices for a tumour, gathering, or sore of any kind, that can be made.

WHITE POND LILY.

Its roots are long and uneven, from which proceed a small stem, which rises to the top or surface of the water, with a large round green leaf; the flower is large and of the purest white, in form somewhat resembling the rose, and possesses an agreeable odour. It is one of the best astringents

in this country, and removes the accumulated matter from the tongue and air vessels, which is so common in cases of fever. For many years we have used it as a medicine for the removal of diseases peculiar to children with good effect. A syrup may also be made of the flowers in the following manner:—Take a handful of the flowers, and steep them over a slow fire for an hour or so, in a pint and a half of water; strain, and add one pound of loaf sugar. Doses, beginning with a tablespoonful, and varying according to the age of the child. It is one of the best medicines that can be given to children when teething, or for looseness of the bowels; also for thrush, or sore mouth, which children are often subject to.

TORMENTIL ROOT.

A POWERFUL astringent, which has often been used as a substitute for oak bark, for the purpose of tanning leather. The root, which is rough and uneven, and very large for the top it bears, is of a reddish brown colour, with a somewhat bitter taste. A tea made of this root is good for looseness; or those who have been labouring under a chronic diarrhœa, or a long standing bowel complaint, may use it with good effect, when the root is boiled with the inner bark of the sumach tree, well sweetened with sugar.

OAK BARK.

THIS is the common oak, the bark of which is

much used in tanning leather; the inner bark of this tree is very astringent, and should be used only when a strong astringent is required, as in dysentery, or long standing looseness of the bowels; it may be mixed with aven's root, or crane's bill, or raspberry leaves, to good advantage. We never use this medicine without cayenne or ginger root, to assist its operations; and, indeed, would always recommend the free use of some stimulant, in conjunction with the astringent medicines.

PERUVIAN BARK.

This well known bark, the virtues of which are universally admitted, was, according to Geoffroy, first learned from the following circumstances:— "Some of the trees being thrown by the wind into a pool of water, lay there until the water became so bitter that every body refused to drink it. However, one of the neighbouring inhabitants being seized with a violent paroxysm of fever, and finding no other water to quench his thirst, was forced to drink of this, by which he was perfectly cured. He afterwards related the circumstance to others, and prevailed upon some of his friends who were ill of fevers, to make use of the same remedy, with whom it proved equally successful. The use of this excellent remedy, however, was very little known until about the year 1638, when a signal cure having been performed by it on the Spanish Viceroy's lady, the Countess del Cinchon, at Lima, it came into general use, and hence it was distinguished by the appellation of *cortex cinchonia*, and

pulvis comitissae, or the Countess's powder. On the recovery of the Countess, she distributed a large quantity of the bark to the Jesuits, in whose hands it acquired still greater reputation, and by them it was first introduced into Europe, and then called *cortex*, or *pulvis, Jesuiticus, pulvis patrum*, and also Cardinal de Lugo's powder, because that charitable prelate bought a large quantity of it at a great expense, for the use of the religious poor at Rome." Hence it is clear that the faculty cannot lay the remotest claim to the discovery of this valuable medicine. A combination of fortuitous circumstances brought into notice that which the wisdom of man, and the learning of past ages, had failed to discover. Doubtless the doctors would like to claim the honour of having first discovered the properties of this wonderful bark, but the discovery, as has been shown, was purely accidental, nor was it in anywise brought about by the learning of the schools.

This bark is an excellent tonic and astringent medicine, particularly useful in febrile disease, and is much used in intermittent fever. From this bark is made the sulphate of quinine of the shops, which is, at least in warm climates, one of the potent destroyers of the human race; and no medicine possessing the same amount of acrid power, has induced a greater amount of disease; while in the bark, (its natural form) it is perfectly innocent and free from injurious effects; in fact, almost every herb which possesses sanitive properties, has had those properties so changed, as not only to destroy the original quality of the herb, but often

renders them highly deleterious and dangerous as a medicine. Dr. Ray might truly exclaim, "that there are herbs to cure all diseases, though not every where known." For many years we have been in the habit of using Peruvian bark with good effect; it is also good when mixed with other articles; it allays bowel complaints, febrile, or fever symptoms, and assists in removing canker from the *mucus membrane*, and the whole of the alimentary canal.

BAYBERRY BARK.

This is an excellent remedy for canker, and is good for derangement of the stomach and bowels. A strong tea of this article will remove the adhesive matter from the mucous membrane of the stomach and intestines, and create an appetite. Taken with an emetic, it is very useful to remove canker.

TONICS.

POPLAR TREE.

There are several kinds of this tree, the bark of all of them being good, and possessing great medicinal properties. It is only necessary to mention two of them, which are indigenous to this country.

The White Poplar Tree is common throughout Europe. The medicinal properties of its bark are to correct the digestive organs; it also acts upon the kidneys as a diuretic, and is equally good in all cases of obstruction connected with those parts, such as stranguary, gravel, or stone in the bladder or kidneys; and while it has a specific action upon these, it imparts a healthy action to the liver, by correcting the bile, and creating an appetite. The free use of this bark will remove costive habits.

The Populus Angulata, or Balm of Gilead Tree, possesses good medicinal properties (at least some parts of it); the early buds in the spring, just before they open, contain a gummy or resinous matter, which in its medicinal effects very much resembles gum myrrh. The buds are excellent for weak or sore eyes; for which purpose they must be pulverised, then steeped for a few hours in luke-warm water, and used as a wash, applying it four or five times a day. For a cough it may be prepared in the following manner:—take of the buds half a pound, add the same quantity of ginger root, beat them both well up in a mortar, then steep them for two or three hours in three pints of water, strain, and add to it half a pound of raspberry or blackberry preserves, and one pound of sugar; a spoonful may be taken whenever the cough becomes troublesome.

CENTAURY.

This is another well known plant; it is of annual

growth, rising from ten to twenty inches in height; it has long been esteemed as a tonic, and general corrector of the bile; it is a pleasant bitter, and in every sense of the word an agreeable medicine. It exerts a powerful influence over the liver, hence it is good for the jaundice, and all diseases of the kidneys; for weak and debilitated patients it is an invaluable tonic; for many years we have used it with good success, where the digestive organs have been seriously impaired. A strong tea is good in cases of scrofula, or for the removal of ulcers of long standing; it is highly recommended in all similar cases.

BOG BEAN.

This is an annual herb; grows in low, wet, or marshy lands; whilst growing it somewhat resembles the bean, hence it is generally called bog bean. It is of a deep green, bearing a lightish purple flower; the stalk is soft and pithy. It is one of the most valuable bitters in nature's vast collection. When chewed in the mouth it gives off a strong bitter taste, diffusing itself instantly over the glands. This herb, like the preceding one, is a good (we may say one of the very best) corrector of the bile. While the science of chemistry has been invoked in vain, in order to produce a substance to answer the desired end, nature has been treasuring up this valuable antidote, which seldom fails, when rightly applied, to produce the most happy results, by striking at once at the origin of the disease. This simple herb may be administered

in tea, or given as a powder; it is highly recommended for feminine weakness, particularly at the time when menstruation should first begin. It is also good for dyspepsia or indigestion.

HOREHOUND.

The root is perennial, the herb of annual growth; it is so well known, that a further description would be unnecessary. As a tonic, it possesses great power; it likewise stimulates by acting as an expectorant, having a tendency to loosen the phlegm. We should naturally suppose that an herb, which has been so long known to be a good medicine by most of the inhabitants of this country, for coughs, and all stages of indigestion, would never have given rise to a sentence like the following, which emanated from one of the professedly learned. See Hooper's Medical Dictionary, page 869, where it is stated, "that horehound possesses some share of medicinal power, may be inferred, from its sensible qualities; but its virtues do not appear to be clearly ascertained." If the writer of the above paragraph was living, we would advise him to take a strong decoction of this valuable herb the first time he had the misfortune to take a cold, and if he would add to each dose a teaspoonful of cayenne pepper, and a tablespoonful of good vinegar, on going to bed, we venture to say that he would never risk his credit as a philosopher by writing such nonsense again.

A syrup made of horehound and ginger root is excellent for children when attacked with the chin-

cough, or for sudden colds; or it may be pulverized and mixed with half its quantity of ginger, a teaspoonful of cayenne, and one of cloves; this when well sweetened, and taken hot on going to bed, will be found one of the best medicines that can be obtained.

BITTER ALMONDS.

By some authors, this article is said to be poisonous; and there is no doubt but the most deadly of all poisons, namely, prussic acid, is manufactured from the almond; but this is no argument against its use in a primitive or natural form, since ALCOHOL, a POISON, also fatal in its effects, and from its general use, even more destructive to human life, is made from wheat, by distillation; but it does not necessarily follow, that wheat is of itself poisonous or unfriendly to life; in its natural form it is good and wholesome, and a dangerous spirit is only obtained when chemical decomposition has taken place. We know, from long experience, that bitter almonds are a good tonic medicine, when rightly administered. We generally use about eight of the common sized bitter almonds, made fine, to one pint of the herbal decoction, which produces good effects, in cases where the bowels have been much debilitated, particularly when in a relaxed state; for weak digestion make a syrup in the following manner:—take four ounces of white poplar bark, two ounces each of raspberry leaves and agrimony, boiled in two quarts of water, strain, and add two pounds of sugar, and half an ounce

of bitter almonds bruised very fine; take half a wineglassful three or four times a day.

GUM MYRRH.

The tree which yields this article is little known, but according to Bruce, it grows in Arabia Felix, and that part of Abyssinia bordering on the Red Sea; it is obtained by incision, or by making an orifice or opening in the tree. The best we have met with comes from up the Nile. It is one of the best tonic medicines that can be used, besides being, like most of its genus, an excellent diuretic; it is also antiseptic, or possessed of the power to prevent putrefaction, on which account it was much used by the Egyptians in embalming their dead. We have used this article for many years with great success, in cases of dysentery, or long standing bowel complaints, or looseness. It is a good stimulant, and, as Dr. Cullen admits, imparts much heat to the stomach; it acts upon the womb, and promotes the monthly terms. May be prepared by infusion in water, or taken in powder, which is the best way to use it; it may be advantageously compounded with other medicines.

COLUMBO ROOT.

This tree is a native of the southern part of Africa, its root has now become an article of commerce. It is very bitter, and free from all astringent qualities; it is good for weak stomachs, and is an excellent tonic, perhaps one of the best that can be

used before and after confinement. When mixed with rhubarb it is an excellent corrector of the bile, and good as a medicine in all stages of jaundice, or disordered liver. It may be taken in substance, or made up as a decoction in the following manner:—to one ounce add one ounce and a half of horehound, one ounce of poplar bark, and one ounce of red raspberry leaves; boil the whole in one quart of water, and when strained add a teaspoonful of cayenne pepper; which is an excellent compound for weak and impaired digestion; for the dose, half a wineglassful may be taken three or four times a day.

WORMWOOD.

The root of this plant lives for several years; the herb is an excellent bitter, and may be used to create an appetite, for it aids and assists the digestive órgans in their operations; for indigestion, make a decoction of the herb, to which add a little cayenne pepper, a small wineglassful of which may be taken two or three times a day.

TANSEY.

This herb has perennial roots, and is mostly cultivated in gardens. As a bitter it is good for the stomach, and is somewhat stimulating. A tea of this herb is good for gravel, stranguary, weakness and pain in the back and kidneys; it is also good for female weakness. The leaves, when bruised, are good for sprains and swellings.

DIURETICS.

CLIVERS.

It is an annual plant; grows very common in this country along the hedge rows, and in woody places. It is a powerful diuretic, and may be used in all cases of obstruction of the kidneys and bladder. A tea made of this herb is also good for the dropsy, not only as a diuretic, but likewise for its aperient properties, as it acts mildly upon the bowels; it is equally good in cases of scrofula, cancer, or long standing ulcers. By taking two ounces of the expressed juice three times a day, and applying a poultice made of the green herb, many very dangerous cancers have been cured. In cases of dropsy, which children are often subject to, after an attack of scarlet fever, we have used clivers as a medicine very successfully. The expressed juice of the green herb, or a decoction made in the form of tea, may be given freely.

To make one of the most powerful of all diuretics, take of clivers, parsley root, juniper berries, and flax seed, each two ounces, quassia wood, one ounce; boil them all in one gallon of water, strain, and add one ounce of pulverised ginger, and one pound of honey; take from a tablespoonful to half a wineglassful three times a day. This medicine is good for dropsy, stoppage of the urine, gravel, and female weakness, but should never be given in cases of diabetes.

DANDELION.

This is a perennial herbaceous plant, well known in this country by every housewife, and has been applied by them to good advantage. That which has mostly rendered these medicines of little use, has been a want of confidence in the parties using them; for if they have failed at any time to effect a cure in a few hours, the patient has become alarmed, a doctor has been called in, and the herbs have been abandoned, which would doubtless have accomplished the cure, had their use been persevered in a little longer. We should be careful never to condemn any thing unless we have given it a fair trial.

The dandelion is diuretic, tonic, and aperient, and has a direct action upon the liver and kidneys; when languid it excites them to a healthy and vigorous action. It is most applicable to hepatic or liver complaints, or any derangement of the digestive organs; in chronic inflammation of the liver and spleen, in cases of deficient biliary secretions, and in all dropsical affections of the abdomen, this is a good remedy. One or two ounces of the green root, or one of the dry, may be boiled in a quart of water, and drank freely on all occasions when its use is required.

JUNIPER BERRIES.

This plant, which is indigenous to this country, is an evergreen, and grows sometimes as high as ten feet. The berries are much used in the manufac-

ture of gin: and it is on account of their diuretic properties that gin is so frequently recommended in cases where an emetic is required. The better plan, however, and which we invariably adopt, is to eschew the gin, and make a tea of the berries; by which means we extract all the good properties, without exposing our patients to the danger of using such an enemy to health as *alcohol*.

The berries and boughs are both medicinal, and in all dropsical complaints ought never to be omitted. If the boughs are reduced to ashes by fire, and the ashes put into water and drank, a medicine will be obtained that has cured the dropsy, in an advanced stage. Juniper is a good medicine, when combined with other substances. An excellent beer may be made in the following manner:—take of fresh gathered dandelion roots and tops, one pound, one pound of green peach leaves, one pound of green parsley roots and tops, and one pound of strawberry vines; bruise the whole and add three gallons of water; boil and strain it, then add four ounces of pulverized juniper berries, and one pound of sugar; let it ferment, after which, bottle it for use, and in cases where the kidneys and bladder are affected, half a wineglassful taken four times a day, will sometimes effect a cure after all ordinary means have failed.

ANTISCORBUTICS.

BURDOCK.

This is a biennial plant, or of two years' growth; it is a good antiscorbutic, slightly aperient and tonic, and an excellent remedy in cases of scrofula, or obstructions of the kidneys. It is good for the venereal disease, inasmuch as it will cleanse the system, if the patient should have been so unfortunate as to have been put through a mercurial course by the mineral loving doctors. It is also good for rheumatism, leprosy, and the gout, all of which it will expel from the system, if perseveringly taken. The seeds are an excellent diuretic, and may be given to young children, when mixed with raspberry leaves; a compound which has a tendency very much to soothe and tranquilize the system; in fever cases the leaves may be applied to the feet, or to burns and scalds. The leaves may be dried, and afterwards moistened for use.

SARSAPARILLA.

This plant is a native of America, and was first brought to this country by the Spaniards. At that time it was thought to be a good medicine in cases of venereal, in consequence of which it acquired a great name: subsequent trials, however, have proved that its power over that dreadful disease is

very limited, unless compounded or used with other medicines. It is good as a general purifier of the blood, after the disease has been expelled from the system by other medicines. It possesses good diuretic properties, and is somewhat of a tonic nature, and eminently good for scrofula, rheumatism, and such like affections.

CUBEBS.

This plant is a native of Java, from whence it is imported into this country. It is an aromatic of a warm and gentle aperient nature, and for many years was much used as a condiment in soups. It is a good antiscorbutic, has an agreeable effect upon the stomach and kidneys, and as a medicine, is much used in Java and the East Indies, for the cure of gonorrhœa. It is diuretic, and slightly tonic, and yields an oil which by many is preferred to the fruit; we, however, prefer the fruit, considering it more certain in its effects, though the cure may not always be accomplished as soon.

NERVINES.

VALERIAN.

There are several of this species of plant, but the one most commonly used is *valeriana officinalis*,

the root of which is perennial. It grows wild, and is a good nervine. In cases of fits, spasms, or hysterical affections, it may be given as a decoction, but it is better when taken in the powder, a teaspoonful for an adult, will be a sufficient dose, when mixed with hot water.

There are five species of American valerian. CYPRIPEDIUM is by the botanical physicians mostly used, and with good effect. The seeds of the BURDOCK, (*arctum lappa*), are also good, and as they grow in many parts of this country, they can readily be obtained. In cases of epilepsy, we have frequently used burdock seeds with good effect, especially for children. Burdock possesses no narcotic properties, and can be given in any stage of disease. A tea may be made from the seeds when bruised, or it may be given in powder, from one-half to a teaspoonful at a time. The powder of either of the above articles should accompany lobelia, when the latter is given as an emetic.

ASAFŒTIDA.

THE name of the plant that produces the asafœtida of the shops is *ferula asafœtida*. It is a native of Persia, and grows plentifully on the mountains of Chorassa and Laar. It is obtained by baring the roots, and cutting them transversely, by which process the juice is obtained, and afterwards dried by exposure to the sun, which forms the gum that is sold in the shops. It is a powerful antispasmodic, and somewhat expectorant; is a valuable

medicine in cases of hypochondria, hysteria, convulsions, spasms, and all cases of nervous debility; from its expectorant, as well as sedative qualities, it is a useful medicine in consumptive cases; in constipation, or severe costiveness, or flatulency, it is equally good.

PURGATIVES.

RHUBARB.

This root is one of the best purgatives that can be met with in the shops. It is obtained from three different quarters of the world, viz., China, the East Indies, Turkey, and Russian Tartary; that which comes from the last two places is generally considered the best. It was many years before this plant was known sufficiently even for Linnæus to describe it; it is a valuable medicine, and as it yields its properties much sooner and more effectually when mixed with water, than when mixed with spirits in the shape of tincture, we would advise its being taken in preference to the latter. We press this more particularly, because most people use the tincture, and even give it to children in that form. Rhubarb is a mild cathartic, and a corrector of the bile at the same time; it should be carefully excluded from the air, as exposure to the atmosphere has a tendency

to impair its properties; for habitual costiveness, a small piece of the root may be chewed, swallowing the juice; or for a more active purge, it may be taken in powder; this plan will be found more effective than steeping it, for when heated it throws off many of its good properties. A dose of one or two teaspoonfuls of the powder will be found sufficient, or it may be mixed with other substances.

SENNA.

THERE are several plants that produce these leaves; the best is imported from Nubia, and is called *guebelly*, or senna *makke;* it grows wild, and yields two crops of leaves, the quantity produced depending mostly on the periodical rains; its flowers are of a yellowish hue. It is aromatic, and slightly bitter; it is an excellent purge, generally operating in four hours from the time of its being taken, but in combination with other articles, it operates much sooner. It is a mild cathartic, and should always be used when the bowels are much disordered; when taken alone, it sometimes gripes the patient, particularly if it has been steeped or boiled, but it seldom gripes when made into an infusion with cold water; but having before observed that no purging medicine should be given without being accompanied with a stimulant, we mean the same remark to apply here; for adults, we would recommend half an ounce of senna, to be mixed with the same quantity of ginger root; for children, take senna, pennyroyal, and red raspberry

leaves, equal parts; you will thus obtain a surer and much better purge than castor oil, magnesia, Epsom salts, or any mineral drug that can be given.

MOUNTAIN FLAX.

An herb very common in this country; it is an annual plant, and grows wild in meadows and pasture lands. It is an excellent purgative, and preferable to senna. When a purgative is really requisite, for costive habits, it may be mixed with poplar bark, or any of the bitter medicines.

COMPOUNDS.

COMPOSITION POWDER.

This is an admirable medicine, and may be safely employed in all cases, and in every stage of disease. It is good for pains in the stomach, looseness of the bowels, rheumatic affections, will promote perspiration, and remove all obstructions caused by cold. It is an excellent assistant to, and should always be taken during the operation of a lobelia emetic, We usually import it from America; it may, however, be made in the following manner:—take of bayberry, four ounces; ginger, two ounces; pinus canadensis, one ounce;

cloves and cayenne, each a quarter of an ounce, all finely pulverised, and well mixed. Ordinary dose, a teaspoonful in a cup of hot water, well sweetened.

STOMACH BITTERS.

This preparation is designed to correct the bile, and create an appetite. Will be found highly useful in all cases of flatulency, faintness at the stomach, and particularly when the patient has been much enfeebled by disease or age. It is prepared as follows :—take of white poplar bark, one ounce; balmony, two ounces; bayberry, two ounces; ginger, one ounce; cayenne, a teaspoonful; cloves, half a teaspoonful, all finely powdered, and well mixed. Dose same as composition powder.

TINCTURE OF MYRRH.

A tincture made of gum myrrh is good in cases of rheumatism, or for sprains; to one pint of spirits of wine, add two ounces of gum myrrh, with half a teaspoonful of finely pounded cayenne pepper; this, when externally applied, is an excellent remedy for cuts, sprains, bruises, &c.

INJECTIONS.

This mode of administering medicine is of very ancient origin, and in our opinion, it cannot be too highly recommended; when the stomach of the

patient, through extreme prostration, refuses to retain the medicine, an injection will often overcome the difficulty; notwithstanding which, the doctors of this country seldom avail themselves of its assistance. For costivenesss, or constipation of the bowels, we would recommend an injection, in the form of tea, to be made of cayenne pepper, well sweetened with treacle, or molasses, which will answer the desired end much better than any drastic purge. In cases of dysentery, or bowel complaints, we would recommend a strong tea of red raspberry leaves, with half a teaspoonful each of valerian, and gum myrrh, which we have generally found to answer the purpose. When the bowels have been sore, and inflamed, or otherwise debilitated, we recommend the use of arrow root, gum arabic, gruel, or both, or all together. The above, when injected into the bowels, have sustained the patient for a long time, when the lightest food could not be digested, or made to pass the stomach. The best way of administering an injection, is with a syringe, but the pipe and bladder may be used when a syringe cannot conveniently be obtained.

ACID TINCTURE OF LOBELIA.

Take of the pulverised herb a teaspoonful, with half a teaspoonful of valerian root, mix both in two ounces of good vinegar; to a child four years of age a dessertspoonful may be given; the dose to be reduced when given to a younger child.

WHITE WAX OINTMENT.

TAKE of white wax, four ounces, spermacetti, three ounces, olive oil, one pint; mix them together over a slow fire, taking care to stir it briskly until cool. This is an excellent salve for sore nipples; it moistens the skin, and keeps it soft, consequently it is good for chapped hands, or dry scurvy, but should be assisted by internal medicines whenever required.

DIRECTIONS FOR VAPOUR BATH.

THE vapour bath may be applied in the following manner:—place the patient over a bucket containing hot water, in which a red hot brick must be half immersed, in order to raise a lively steam, at the same moment shield the patient from the surrounding atmosphere with a blanket; the heat rarifies the air under the blanket, and thus takes off the heavy pressure; the pores open, at the same time the body absorbs a quantity of heat, and thus great assistance is rendered to the stimulants previously given, and which must be continued freely during the operation of the bath, so as to keep the internal heat higher than the external.

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